VANCOUVER metro®
NEWS WORTH SHARING.

DO YOU HAVE PLANS YET?
NEW YEAR'S EVE PARTY
Edgewater Casino DOWNTOWN VANCOUVER
SEE PAGE 17

Magnotta jury to begin deliberations

Judge advises they first tackle whether killer was criminally responsible for his actions PAGE 10

REDEFINING FEMINISM

HIGH-PROFILE FEMINISTS SUCH AS MALALA YOUSAFZAI ARE FIGHTING FOR WOMEN'S RIGHTS BEFORE THEY'VE BECOME WOMEN THEMSELVES PAGE 14

FIND YOUR PASSION. FIND YOUR PURPOSE.
SPROTT SHAW COLLEGE SINCE 1903
OVER 100 CAREER FOCUSED PROGRAMS @ SPROTTSHAW.COM

Is COPE at risk of collapsing?

Politics. Financial agent raises alarm over spending, donations

EMILY JACKSON
emily.jackson@metronews.ca

A once-dominant Vancouver political party, the left-wing Coalition of Progressive Electors, is at risk of self-destruction due to sloppy financial practices stemming from an attitude of "arrogance, hubris and irresponsibility," according to a damning address from the party's election campaign financial agent.

COPE, which lost power in 2005 and has been plagued by infighting, could lose its status as an electoral organization because it "refuses to deal with Elections BC issues," financial agent Margaret Panton said at a COPE meeting on Sunday, a recording of which was posted online.

Among her allegations, Panton said members of the party's executive spent thousands of dollars without her approval, did not comply with generally accepted accounting practices and did not control who had access to passwords protecting sensitive information.

"Had I known of the state of the governance of COPE prior to my agreeing to be financial agent, I never would have agreed to take this position," Panton said.

On top of that, COPE, which blasted its opponents for accepting developer donations and hinged its campaign on a promise to do no such thing, accepted $12,500 in campaign contributions from Canreal Management Corporation, a commercial real-estate company with expertise in development.

Canreal donated $3,000 and president Ray Bergen gave $9,500. Bergen, however, said his company simply manages retail and industrial property and is not a developer.

Yet neither amount was disclosed in COPE's donation list revealed to the public before the Nov. 15 election.

"Alarm bells went off" when Panton noticed the discrepancy, she said.

COPE's executive voted to pay the money back in a meeting on Nov. 23 over perceptions it was from a developer, said executive director Sarah Beuhler. She cited a lack of resources in a chronically understaffed organization for the misstep in reporting.

But the party doesn't have enough money in the bank to return the cash.

COPE treasurer Paul Houle said the party is about $4,000 in the hole. It spent $70,000 on the election campaign but only received $66,000 in donations, he said. It disclosed $60,114 before the election.

"COPE is in tough financial straits because we made that decision not to accept developer donations," Houle said.

He acknowledged the party could be at risk of losing its status due to its failure to have an acting financial agent from Jan. 1. Panton was only hired in late September and refuses to sign off on any financial disclosures from before she began, meaning the job will likely fall to Houle or a co-chair.

According to Elections BC, the active financial agent must sign the disclosure statement or it is considered not to be filed. A new financial agent can be appointed at anytime.

If COPE does not file its disclosure statement by Feb. 13, 2015, at 4:30 p.m., it will be disqualified from endorsing candidates, accepting campaign contributions or incurring election expenses in the next municipal election in 2018, according to the Local Elections Campaign Financing Act.

COPE mayoral candidate Meena Wong ran on a platform to not accept donations from developers. Her party plans to return $12,500 in campaign contributions from Canreal Management Corporation, a commercial real-estate company with expertise in development. EMILY JACKSON/METRO FILE

PHOTO: FIFA VIA GETTY IMAGES
THIS HOLIDAY
GIVE THE GIFT OF CHEER.
FIFA WOMEN'S WORLD CUP CANADA 2015™
Christine Sinclair, Canada
JUNE 6 – JULY 5
DON'T MISS THE COUNTRIES COMING TO YOUR CITY, INCLUDING:
JPN USA SUI NGA
FIFA.COM/CANADA2015
CITY OF VANCOUVER HOST CITY
CANADA 2015 FIFA WOMEN'S WORLD CUP
FIFA Partners adidas Coca-Cola GAZPROM Hyundai KIA MOTORS VISA
National Supporters FIFA.com Bell

CELEBRATING 5 UNLIMITED YEARS IN CANADA

Thank you to all our 800,000 customers and 1,800 employees across Canada for helping us change the mobile phone landscape for the better. Together we're making Canada unlimited.

WIND®
true mobile freedom™

NEWS 1

Pattullo Bridge

Repairs to cost $100M: TransLink

TransLink says the extensive repairs planned for the Pattullo Bridge are expected to cost $100 million.

The bridge requires seismic upgrades and a rehabilitated deck to maintain road safety and bridge functionality, and TransLink announced on Friday that it plans to proceed with the work next year.

"Our engineering estimate for this phase of work is approximately $100 million, which will be further refined as we proceed with detailed design and construction," TransLink replied Monday in a statement after Metro requested a cost estimate. "Funding for this work has been included in TransLink's 2013 capital budget."

MATT KIELTYKA/METRO

Site C

Announcement expected today

The British Columbia government is poised to make a major announcement on the controversial Site C hydroelectric dam project.

Provincial Energy and Mines Minister Bill Bennett has called a news conference in Victoria on Tuesday to make what his ministry says is a major announcement. Bennett has consistently said that he expects to announce before Christmas whether the province will reject or go ahead with construction of the $8.5-billion project.

The dam would be the third on the Peace River, flooding 5,550 hectares of land over an 83-kilometre stretch of valley.

THE CANADIAN PRESS

Arbitration sought in 'greed evictions'

West End. Tenants, landlord await ruling on number of issues, but the matter could take several weeks

MATT KIELTYKA
matt.kieltyka@metronews.ca

Absalon Figueroa, right, and husband Eric Stephenson, who received three eviction notices in 14 days, stand outside their residence at 1168 Pendrell St. JENNIFER GAUTHIER/FOR METRO

An arbitrator is expected to rule on a number of outstanding issues between a landlord and the tenants of a West End apartment building after a hearing at the Residential Tenancy Branch (RTB) on Monday.

Tenants of 1168 Pendrell St. and Anoop Majithia, the building's landlord, attended the hearing months after Majithia's Plan A Real Estate took possession of the building in August and issued multiple notices for alleged breaches of material terms, increased laundry costs and attempted to evict several tenants.

At the time, Vancouver-West End MLA Spencer Chandra Herbert, who encouraged the tenants to go public and fight the notices at the Residential Tenancy Branch, said residents of the building faced so-called "greed evictions."

In the months that followed, the Residential Tenancy Branch has five times ruled in favour of the tenants, ordering evictions be cancelled.

In one case, tenants of a unit were issued three separate eviction notices in 14 days.

On Nov. 7, an arbitrator ruled that the case "leads to the inescapable conclusion that the Landlord was targeting these Tenants" and that "repeated notices and threatened rent increase communicated the Landlord's ulterior motive, which was to have the tenants move out of the rental unit by whatever means possible."

Arbitrators also rescinded eviction notices faced by a woman accused of living with an unauthorized person in her unit (her spouse) and tenants accused of an illegal sublet and living with an illegal roommate (both approved by the building's previous management).

Several other eviction notices, for residents accused of not providing proof of tenant insurance, were also found to be invalid.

While the eviction notices were withdrawn, residents say seven tenants have left the 23-unit building since Plan A took over. With the eviction notices dealt with, an arbitrator heard arguments on Monday on several outstanding issues, such as allegedly withheld essential services, the cost of laundry and a request to have all bicycles in storage lockers carry ID tags.

Tenants have also asked the branch to consider penalties against Plan A, alleging the cumulative troubles faced by tenants amount to harassment.

"We don't have much power and we're constantly having to defend our right to live here," said resident Absalon Figueroa. "We're using the only available avenue (in the RTB) to resolve these issues."

Majithia says Plan A has taken a much softer approach with residents since August.

No more eviction notices have been issued, and the frequency of other notices has slowed.

"We've tried to tone down our methods," he said. "We've made some progress, but there are a number of outstanding issues. We have no plans to evict any residents. We're trying to make sure that the living conditions are good and respect (that current tenants) have the right to stay there."

Majithia denies heat in the building was ever intentionally turned off, as residents allege.

The arbitrator is expected to take several weeks before making a ruling.

LEARN ONLINE
Guided online learning, instructor-led, in a highly supported environment

Education Assistant/Special Education Assistant (online): You can become a Special Education Assistant in just 9 months! Earn up to $25.13/hour. You will receive training and certification from the Provincial Outreach Program for Autism and Related Disorders (POPARD).

Therapeutic Recreation – Gerontology (online): Older adults are the fastest growing age group in Canada, resulting in a growing employment need for professionals who can support and promote optimal health for seniors. Earn up to $23.50/hour.

Pharmacy Technician (online): Start your new career as a Pharmacy Technician in as little as 8 months. Full accreditation from the Canadian Council for Accreditation of Pharmacy Programs (CCAAP).

Psychiatric Nursing (online): This 23 month program is recognized by the College of Registered Psychiatric Nurses of BC (CRPNBC). Entry-level earnings start at $30.79/hour to $40.42/hour.

604-580-2772 STENBERG COLLEGE www.stenbergcollege.com

Over 92% of our grads are employed in their field of study within 6 months of graduation.

Turn to us, not social media: Police

Homicide investigation. Dario Bartoli, 15, died on Saturday after an altercation

Homicide investigators in Surrey want people with information about the weekend killing of a teenager to turn to police, not social media.

Fifteen-year-old Dario Bartoli died in hospital in Vancouver on Saturday following an early morning altercation with a group of people.

Staff Sgt. Jennifer Pound of the Integrated Homicide Investigation Team said early indications support the theory that the killing was an alcohol-fuelled altercation between two groups that turned tragic.

Pound said Bartoli and a 14-year-old friend were in Bakerview Park with a group that was drinking alcohol throughout the day until the altercation occurred.

Police were called around 2:45 a.m. Saturday after a report that two teenage boys ran to a home after being attacked by four or five people.

Bartoli was rushed to Peace Arch Hospital in White Rock, where he died of his injuries.

"We know that the certain demographic we are reaching, the youth, they communicate very much on social media. So we're looking to reach those individuals who are currently communicating through social media and through other means and asking them to come forward and speak with IHIT investigators," she said.

Bartoli was a student at Earl Marriott Secondary School.

An autopsy will take place later this week to help investigators determine the cause of death. THE CANADIAN PRESS

Dario Bartoli, 15, died on Saturday. COURTESY IHIT

Wouldn't it be wonderful to
win Starbucks for life
Come in and use your Starbucks® gift card now through January 5th for a chance to win every day.*
starbucks.ca/win
NO PURCHASE NECESSARY. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. LEGAL RESIDENTS OF CANADA 18 AND OLDER. VOID WHERE PROHIBITED. Participating stores only. Promotion ends 1/5/15. For Official Rules, how to enter without purchase, prizes, and odds, visit www.starbucks.ca/win. Mathematical skill-testing question must be correctly answered to win. 150,010 instant win prizes (approximate retail values from $2.25 to $175) available to be won. Three sweepstakes grand prizes (approximate retail value $51,811) available to be won. Sponsor: Starbucks Corporation, 2401 Utah Ave. S, Seattle, WA 98134.
Winner will receive a daily credit for 30 years for one free food or beverage item redeemable at participating Starbucks® stores in Canada. Winner must present a registered Starbucks Card. Credits are non-transferable and expire within 24 hours.

Diesel prices. BC Ferries eliminates fuel surcharge

BC Ferries has announced that a 3.4 per cent fuel surcharge that came in the midst of three consecutive years of fare increases will be eliminated starting Wednesday.

Ferries president Mike Corrigan says favourable market conditions mean the charge that began mid-January is no longer necessary.

The former Crown corporation added the surcharge on all but northern routes, saying an increase in the cost of fuel meant the extra cost could remain in place for more than a year.

BC Ferries says it still has an outstanding balance in its fuel deferral account, but the remainder continues to drop and forecasts indicate the balance will be reduced to zero in the first half of 2015.

The removal of the charge will bring the cost of ferry travel down by varying amounts, depending on the destination and how people get there.

Foot passengers sailing between the Gulf Islands will pay 20 cents less, while a family of four travelling by car between Vancouver and Victoria will save $3.25 each way. THE CANADIAN PRESS

Nanaimo

Eggs and stones hurled from truck injure man, 34

A Nanaimo man was treated for a concussion after being struck by eggs and rocks thrown from a moving vehicle on Sunday.

According to RCMP, a 34-year-old man was walking to work along Shenton Road when he was suddenly pelted with eggs from a passing truck.

He was then hit in the head with a solid object with such force that it knocked him to the ground.

Police believe the hard object was a rock.

The victim was taken to Nanaimo Regional General Hospital where he was treated for a concussion.

Investigators say the objects were thrown from an early-'90s model two-toned blue truck.

One of the suspects appeared to be a white male with blonde hair in his late teens or early 20s.

The incident may be connected to a similar one the night before, where a woman reported being struck with eggs thrown out of a black "jacked-up" truck.

Anyone with information is asked to contact RCMP. MATT KIELTYKA/METRO

Petition to court

Mayor's office calls latest court battle 'desperate'

Vancouver Mayor Gregor Robertson's office is dismissing an attempt to kick him out of office as "desperate."

A group of residents has petitioned the B.C. Supreme Court to remove Robertson and councillor Geoff Meggs from their jobs for conflict of interest.

The group, which includes former mayoral candidate Randal Helten, alleges that a union donation to Vision Vancouver amounts to conflict of interest since it was made after Meggs said the mayor recommitted to not further contract out jobs.

"The claims are baseless and this is another desperate attempt by Helten and others to use the courts for political purposes," the mayor's director of communications, Kevin Quinlan, said in an email. EMILY JACKSON/METRO

Patients can grow marijuana at home: Court

Decision. Appeal court upholds injunction that exempts medical-pot patients from massive system overhaul

The Conservative government has lost its latest attempt to prevent medical-marijuana users from growing pot at home, with the Federal Court of Appeal upholding an injunction that exempted patients from a massive overhaul of the system.

New rules were introduced earlier this year that prohibited home growing and instead shifted production to commercial operations, but a group of patients is challenging that regime in a case expected to be heard in the new year.

A Federal Court judge issued an injunction in the spring that allowed patients who were authorized to grow and possess marijuana under the old system to continue to do so until their case is resolved.

The government appealed, but the Appeal Court released a unanimous decision Monday upholding the injunction.

"It's very significant," Kirk Tousaw, a lawyer for the four plaintiffs in the case, said in an interview.

"The big fear was that if the government's appeal was successful, then all of these people who have been protected by the injunction could very well turn into criminals overnight."

The previous medical-marijuana regime, which was introduced in 2001, allowed patients to either grow their own pot, designate someone to grow it for them or purchase it directly from Health Canada.

New regulations took effect last spring that no longer allowed personal production and instead established a system of federally licensed commercial producers. There are now 15 such operations selling medical cannabis.

THE CANADIAN PRESS

MediJean plant-care technician Misad Shazi sprays water on marijuana plants growing at a medical-marijuana facility in Richmond in March.

DARRYL DYCK/THE CANADIAN PRESS

BMO®
We're here to help.™

With AIR MILES reward miles earned on every purchase, the no-fee BMO® AIR MILES MasterCard®* is the fast way to help turn everyday purchases into rewards you'll love.[2]

Visit a branch or **bmo.com/get400** for details.

[1]Bonus offer is limited to new accounts and will be applied to your Collector Account within forty-five (45) days after your first card purchase. Applications must be received by February 4, 2015. Limit of one Bonus offer per Account. [2]Visit bmo.com/get400 for complete terms and conditions. ®Registered trade-mark of Bank of Montreal. ®†™†Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Co. and Bank of Montreal. ®*MasterCard is a registered trademark of MasterCard International Incorporated.

Local body-modification artist breaks unofficial record

Matthew Menczyk was pierced with 4,550 surgical needles on Sunday.

COURTESY RUSS FOXX

He didn't quite reach the goal of 10,000 needles, but a Vancouver body-modification artist says he has successfully broken the world record for most piercings in one session.

"It was a long day, but we did it," Russ Foxx told Metro.

On Sunday, Foxx performed 4,550 surgical-needle piercings in just over eight hours, breaking the previous record of 3,900 piercings in seven hours and 46 minutes that was set in Texas.

For Matthew Menczyk of Regina, who volunteered to become a human pincushion for the record-breaking stunt, the experience was "strenuous."

"The best way I can explain it was that I felt like a burn victim," said Menczyk. "I just wanted to cry. I was biting things, punching things."

Menczyk said he is already planning to set a new record next year.

Quoted

"The best way I can explain it was that I felt like a burn victim.... I just wanted to cry. I was biting things, punching things."

Matthew Menczyk, on getting his piercings

"My goal is still 10,000," he said. "I feel like I could have done a lot more."

Foxx said he decided to pull the plug when he noticed Menczyk start to show symptoms of shock, from uncontrollable shaking to difficulty breathing.

Then came the most painful part: removing the needles, during which two people pulled them out at once to try to speed up the process.

"We were removing them by the handful," said Foxx. "Five to 10 at a time and just yanking them out like that."

Foxx and Menczyk now plan on submitting evidence of their stunt to make it official.

A Guinness World Records spokesman said it will take about six to eight weeks for the organization to make a decision.

THANDI FLETCHER/METRO

Josh is a Rubik's cube-solving machine

... literally. UBC engineering grad designs robot that can complete puzzle in about 35 seconds

THANDI FLETCHER
thandi.fletcher@metronews.ca

Solving a Rubik's cube is no easy feat — except for a robot named Josh.

Recent University of B.C. engineering graduate Kristopher De Asis has designed and built a robot that can solve the famous six-sided puzzle in potentially record-setting time.

Dubbed Josh, the 'bot can solve a two-by-two Rubik's cube, which has two layers, in about 15 seconds and a standard Rubik's cube, which has three layers, in about 35 seconds.

"I believe it's the fastest one-armed robot," De Asis told Metro. "The quicker ones use two or four arms."

The robot made its debut at VanCubing, a speed-solving Rubik's cube competition held at Vancouver's Science World on Saturday, where it was used as a "scrambler."

At Rubik's cube competitions, computer-generated algorithms are used to scramble the cubes to provide equal chances to competitors.

"I wrote a program that can read in those scrambles and then the robot will apply them to the cubes," De Asis said.

De Asis said he and a classmate designed and built the robot during an engineering class last year. He altered it last week when he realized there was a more practical need to have a 'bot that could scramble cubes, rather than solve them.

De Asis said Saturday was the first time an automated scrambler has been used at a speed-solving Rubik's cube competition.

Traditionally, competitions have had competitors on-hand to scramble the cubes manually, he said.

Kristopher De Asis has built a robot, dubbed Josh, that can solve a Rubik's cube. COURTESY UBC

WIRELESSWAVE™

A GIFT FOR YOU

LG G3
Starting at
$49.95
FREE
LG Tone Ultra™ Headphone*
($129.99 MSRP)

ROGERS Bell AT A MALL NEAR YOU | WIRELESSWAVE.CA

* Limited time offer while supplies last. Available on a new two-year term on LG G3 and select plans with Rogers and Bell. Limit one LG Tone Ultra™ (HBS800) per new line, valued at $129.99. Offer subject to change without notice. Some conditions apply. See in-store for details. "LG", the "LG logo" and "LG G3" are the property of LG Electronics and its affiliates. © 2014 LG Electronics. ™Rogers & Mobius design are trademarks of or used under license from Rogers Communications Inc. or an affiliate. © 2014 Rogers Communications.

Suspensions. Police ticket 45 for impaired driving

It's never the season to drink and drive, but it is the season for increased enforcement for impaired driving.

Vancouver police handed out 45 suspensions this weekend to drivers who decided to get behind the wheel after consuming drugs or alcohol.

Officers were out in full force, with 24 waiting in six locations as part of the city's Winter CounterAttack campaign. They conducted 237 breathalyzer tests.

Sixteen people failed the tests, meaning they blew over 0.08 blood-alcohol concentration. B.C.'s legal limit is 0.05. These drivers, and the two who refused to take the test, face a 90-day driving prohibition and will have their vehicles impounded for a month.

Thirteen people were issued warnings for blowing between 0.05 and 0.08, nine were handed 24-hour driving prohibitions for drugs or alcohol and six received 12-hour prohibitions as new drivers.

EMILY JACKSON/METRO

8.94M overnight stays

Vancouver attracts record number of tourists in 2014

Apparently the world has noticed just how great Vancouver is.

A record number of tourists flocked to Vancouver in 2014, with approximately 8.94 million overnight stays in the city this year, according to the Tourism Vancouver's projected year-end numbers.

The tourism association credits the spike in visitors to major international conferences, a busy cruise-ship season, new international routes flying out of the Vancouver International Airport and an advertising campaign with Chinese-born singer-songwriter Wanting Qu.

Major conventions including TED and SIGGRAPH, the city's largest ever conference with 14,045 attendees, resulted in an estimated $140 million in direct spending. Cruise ships brought in $486 million.

The largest growth in tourism came from China, India and Mexico, a trend that is expected to continue in 2015.

EMILY JACKSON/METRO

Australian company

New player backs Kitimat LNG as Apache sells stake

A multibillion-dollar deal signed Monday between Australian and American oil and gas companies has brought a new backer to a proposed liquefied natural gas project on British Columbia's northwest coast at Kitimat.

Houston-based Apache Corp. announced it is selling its ownership in two liquefied natural gas projects, including Kitimat LNG, to Australia's Woodside Petroleum Ltd. for $2.75 billion.

The agreement includes Apache's 50 per cent stake in the Chevron-backed Kitimat project and related upstream lands in the Horn River and Liard natural gas basins in B.C.'s northeast.

In B.C., Natural Gas Minister Rich Coleman said the deal will strengthen the Kitimat LNG project, which has been in development, but the partners have yet to announce a final investment decision.

THE CANADIAN PRESS

TODAY ONLY!

IN STORE AND AT THEBAY.COM WITH FREE ONLINE SHIPPING $99 OR MORE*.

TUESDAY, DECEMBER 16

70% off

Diamond, ruby, sapphire and emerald fine jewellery**

Plus, 60% off

Gold, semi-precious gemstone and pearl fine jewellery**

Jewellery enlarged to emphasize detail and may not be exactly as shown.

HUDSON'S BAY

60% off women's sleepwear and robes

See below for exclusions.

No rain checks and no price adjustments. No pre-orders or telephone orders. Offer available while quantities last. Cannot be combined with other offers. Selection may vary by store. Savings are off our regular prices unless otherwise specified. Excludes Hudson's Bay Company Collection. See in store for details. *FREE SHIPPING: Receive free standard shipping on a total purchase amount of $99 or more before taxes. Offer is based on merchandise total and does not include taxes or any additional charges. Free standard shipping is applied after discounts and/or promotion code offers. Offer not valid at Hudson's Bay or any other HBC stores. Additional fees apply for Express or Next Day Shipping. Applies to Canadian delivery addresses only. Excludes furniture, canoes, patio furniture, patio accessories, barbecues and mattresses. **70% off and 60% off jewellery exclude Alor, Ivanka Trump, Judith Ripka, clearance-priced items and items with 99¢ price endings. 70% off jewellery also excludes gold, semi-precious gemstone and pearl fine jewellery. 60% off women's sleepwear and robes excludes New Spring Arrivals, Eileen West, Lusome, Paper Label, Splendid, DKNY, Kensie, Buffalo David Bitton, Calvin Klein, Lauren Ralph Lauren, Diesel, La Perla Miss Studio, Jessica Simpson and items with 99¢ price endings.

H5N2. 10th farm hit in avian influenza outbreak

Federal officials say avian influenza has been detected at a 10th farm in B.C.'s Fraser Valley.

The Canadian Food Inspection Agency has updated its list to include a Langley farm housing table-egg layers.

The outbreak in those barns was confirmed Saturday, affecting another 53,000 birds and hiking the total number of poultry to be destroyed up to 233,800.

The H5N2 strain of the disease was first identified on Dec. 1 in Chilliwack and Abbotsford, and has prompted the establishment of a control zone covering the southern half of B.C.

THE CANADIAN PRESS

Busiest in Canada

B.C. tries to avoid port strike repeat

In an effort to address issues from a bitter strike earlier this year, the B.C. government has released its proposed rate structure for Port Metro Vancouver container truckers, trying to eliminate tensions at Canada's busiest port.

THE CANADIAN PRESS

Charged in $11M fraud

American man to be extradited

An American man who was indicted as part of an alleged investment fraud worth $11 million has been ordered extradited.

Sean Finn of Whitefish, Mont., was charged in December of last year, along with five other people in the U.S. and Switzerland.

THE CANADIAN PRESS

Home Outfitters

CELEBRATE ~~25~~ 7 DAYS OF DEALS!

AMAZING NEW DEALS EVERYDAY! DON'T MISS OUT!

WED. ONLY! DECEMBER 17

No other discounts apply. While quantities last. No rain checks. No price adjustments on previous purchases.

Save 45%

69.99 Each

DeLonghi Icona toaster or kettle

Reg. 129.99 each

Save 45%

129.99

DeLonghi Icona Pump Espresso machine

Reg. 249.99

Save 20%

All DeLonghi kitchen electrics

Excludes DeLonghi by Nespresso

DēLonghi

Make your own sale!

Home Outfitters

Save 25% on a single regular priced item when you use your Hudson's Bay MasterCard® or Hudson's Bay Credit Card

OR Save 20% on a single regular priced item with any other tender

POS Procedure: Reason Code 6

4 51559 73000 7 Save 25%

4 51559 72000 8 Save 20%

Valid now through Wednesday, December 24, 2014. To redeem, please surrender this original coupon to the cashier. One coupon per customer; cannot be combined with any other offer or credit offer, or used in connection with any previous purchases. Licensed departments, All-Clad, Smart Buys, Saeco, Dyson, Le Creuset, Breville The Boss™ blender, Jura, Hudson's Bay Gift Cards, Point of Sale Activation Cards and Gift Registry online are excluded. Home Outfitters may dishonour and confiscate any coupon which in its sole opinion has been copied, altered, forged or obtained through unauthorized sources. This coupon has no cash value. Refunds will be reduced by the value of the coupon as indicated on the sales receipt. This coupon offer cannot be redeemed at our Liquidation Stores at Square One Mississauga, ON and Abbotsford, BC. Coupon offer valid for in-store use only. **Credit is extended by Capital One Bank (Canada Branch)**. Capital One® is a registered trademark of Capital One Financial Corporation. MasterCard and the MasterCard brand mark are registered trademarks of MasterCard International Incorporated. All marks used under licence. All rights reserved.

Canada's *largest* kitchen, bed and bath superstore! Sign up to receive our emails at homeoutfitters.com

IMPORTANT CUSTOMER INFORMATION: SELECTION & BRANDS WILL VARY BY STORE: All colours, patterns and styles may not be available in all stores. RAIN CHECKS AND SUBSTITUTIONS: If an advertised item is not yet available we will offer you your choice of a comparable substitution, (if available), or a rain check. In some instances (e.g. special purchases, power buys, clearance items, bonus with purchase or seasonal items) quantities may be limited, selection may vary by store and substitutes or rain checks cannot be given. Home Outfitters reserves the right to limit quantities. ■ **11.2 H14** All references to regular price are to Home Outfitters' regular price product and does not include already reduced, clearance, Smart Buy, Signature Deals and items with .95 & .98 price endings unless otherwise specified. All prices in effect **Wednesday, December 17, 2014**, unless otherwise specified. Valid only at Home Outfitters store locations. **Home Outfitters Outlet stores at Hwy. 401 & Weston Road, ON & New Westminster, BC may not have all offers in this advertisement. Advertisement offers not available in our Liquidation Stores at Square One Mississauga, ON & Abbotsford, BC.** Contact store for details or visit http://www.homeoutfitters.com/en/storelocator.html. Product selection may vary online. Hudson's Bay, Hudson's Bay Credit, Home Outfitters, hbc.com and their associated designs are trademarks of the Hudson's Bay Company. **Credit is extended by Capital One Bank (Canada Branch)**. Capital One® is a registered trademark of Capital One Financial Corporation. MasterCard and the MasterCard brand mark are registered trademarks of MasterCard International Incorporated. All marks used under licence. All rights reserved.

HBC HUDSON'S BAY COMPANY

Protesters call for better public transit at a rally in Surrey last year. A new poll suggests a majority of Metro Vancouver residents are in favour of increasing the PST to help fund transit in the Lower Mainland.

LIAM BRITTEN/FOR METRO

Yes takes lead in transit poll

Online referendum. Insights West says 52 per cent will 'definitely' or 'probably' favour PST hike for transit plan

MATT KIELTYKA
matt.kieltyka@metronews.ca

Extra revenue

$250M

Metro Vancouver mayors believe a regional increase of 0.5 per cent to the PST will generate approximately $250 million a year, allowing the region to fund its share of a 10-year, $7.5-billion transit plan.

Metro Vancouver residents are leaning in favour of voting yes in next year's transit referendum, according to one poll.

Insights West asked 601 members of its online panel how they intended to vote after the mayors unveiled their proposed question, asking "Do you support a one half (0.5%) percentage point increase to the Provincial Sales Tax (PST) in Metro Vancouver, dedicated to the Mayors' Transportation and Transit Plan, with independent audits and public reporting?"

According to the poll, 52 per cent of Lower Mainland residents will "definitely" or "probably" vote yes, while 39 per cent are "definitely" or "probably" voting no.

The final question in the referendum still requires approval from the provincial government before becoming official.

Transportation Minister Todd Stone said he will provide an official response to the mayors' proposal this week.

The mayors hope mail-in ballots can be in voters' mailboxes by mid-March, with the referendum concluding in April.

They believe a regional increase of 0.5 per cent to the PST will generate approximately $250 million a year, allowing the region to fund its share of a 10-year, $7.5-billion transit plan.

The entire project features a subway line along Broadway in Vancouver, light rapid transit lines in Surrey, a new Pattullo Bridge and expanded bus services throughout Metro Vancouver.

Insights West says the poll's margin of error is plus or minus four percentage points, 19 times out of 20.

LOLO™ and its design are trademarks of Warner Chilcott Company, LLC.
© 2014 Actavis Specialty Pharmaceuticals Co., Mississauga, Ont. All rights reserved.

Magnotta's fate in jury's hands

Slaying of Jun Lin. A Quebec Superior Court judge has instructed the jury on what they need to consider during deliberations

An artist's sketch shows Quebec Superior Court Justice Guy Cournoyer instructing the jury on Monday at the murder trial for Luka Rocco Magnotta in Montreal. Magnotta is charged in connection with the death and dismemberment of university student Jun Lin. MIKE MCLAUGHLIN/THE CANADIAN PRESS

The jurors at Luka Rocco Magnotta's first-degree murder trial were sequestered on Monday after the judge told them what they need to consider as they deliberate his fate.

Magnotta has pleaded not guilty to five charges, including first-degree murder, stemming from the May 2012 slaying and dismemberment of Jun Lin, 33.

Quebec Superior Court Justice Guy Cournoyer's detailed final charge also opened the door to a conviction on second-degree murder or manslaughter on the murder charge.

But if the jury finds Magnotta not criminally responsible, Cournoyer said the verdict must apply to all five charges.

It's also the issue he suggested jurors tackle first when deliberations begin Tuesday.

In addition to premeditated murder, Magnotta is charged with criminally harassing Prime Minister Stephen Harper and other members of Parliament; mailing obscene and indecent material; committing an indignity to a body; and publishing obscene materials.

Psychiatrists for the defence testified throughout the trial Magnotta is schizophrenic, was psychotic the night of the slaying and was unable to tell right from wrong.

Crown prosecutor Louis Bouthillier countered there was no mental illness at play and that the crime was planned and deliberate. He has said Magnotta should be found guilty of first-degree murder and the four other charges.

Cournoyer told the jurors they would need to answer two questions for the mental disorder defence to be accepted. Firstly, is it more likely than not Magnotta was suffering from a mental disorder at the time of the offence? And secondly, did the disorder make him incapable of knowing the acts were wrong?

If the jury opts for a verdict of not criminally responsible, Cournoyer told them Magnotta would not be set free if he's considered a significant threat to public safety.

The jury will be required to render a unanimous verdict on each count.

Magnotta has already admitted to the physical acts of the case, meaning the jury will need to determine intent as well as the level of the planning in the slaying.

Cournoyer told them they must rely solely on the evidence they have heard over 40 days since the trial began in late September. Magnotta did not testify and didn't meet with a Crown psychiatrist, but the judge said he was not obliged to do so as part of his mental disorder defence.

Among the evidence to consider, Cournoyer said the jury will have to keep in mind that Magnotta's statements given to defence psychiatrists about facts surrounding the events in May 2012 and his own state of mind have not been independently proven. THE CANADIAN PRESS

Via Lomonosov Ridge

North Pole linked to Greenland, Denmark claims

An Arctic expert says an unspoken agreement between Arctic nations on how to divvy up northern seas is all but dead now that Denmark is presenting scientific data that it says gives it a claim to the North Pole.

The claim, which was to be filed with the United Nations on Monday, will force Canada into future negotiations on overlapping claims, said University of British Columbia international law professor Michael Byers.

The Arctic area is believed to hold an estimated 13 per cent of the world's undiscovered oil and 30 per cent of its untapped gas.

Danish Foreign Minister Martin Lidegaard says scientific data shows Greenland is connected to the 2,000-kilometre-long Lomonosov Ridge beneath the Arctic Ocean. He says that gives Danes a claim to the North Pole and any resources on the sea floor. THE CANADIAN PRESS

CHEVROLET

HOLIDAY EVENT

ELIGIBLE OWNERS RECEIVE UP TO $5,500 ON SELECT 2014 MODELS‡

LIMITED TIME: DEC 15TH – JAN 2ND

2014 CRUZE

UP TO $5,500 IN TOTAL CASH CREDITS ON SELECT MODELS‡

INCLUDES:
$4,250 CASH CREDITS
+ $750 HOLIDAY CASH* FOR ELIGIBLE OWNERS
+ $500 BOXING WEEK BONUS** ON SELECT MODELS

- BEST-IN-CLASS SAFETY WITH 10 AIRBAGS+
- POWER WINDOWS & LOCKS WITH REMOTE ENTRY
- SIRIUS XM RADIO™

*^ 5-Star Safety Ratings More Stars. Safer Cars.

LTZ MODEL WITH RS PACKAGE SHOWN

52 MPG HIGHWAY
5.4 L/100 KM HWY | 8.2 L/100 KM CITY^

ALL 2014s COME WITH CHEVROLET COMPLETE CARE:
2 YEARS/40,000KM COMPLIMENTARY OIL CHANGES^ / 5 YEARS/160,000 KM POWERTRAIN WARRANTY^^ / 5 YEARS/160,000 KM ROADSIDE ASSISTANCE^^

CHEVROLET.CA

BOXING WEEK BONUS ENDS JAN 2ND

FIND NEW ROADS™

ON NOW AT YOUR BC CHEVROLET DEALERS. Chevrolet.ca 1-800-GM-DRIVE. Chevrolet is a brand of General Motors of Canada. Offers apply to the purchase, finance and lease of a 2014 Chevrolet Cruze. Freight ($1,600) and PDI included. Licence, insurance, registration, administration & dealer fees, PPSA and taxes not included. Dealers are free to set individual prices. Limited time offers which may not be combined with other offers, and are subject to change without notice. ‡Offer available on all eligible 2013, 2014, 2015 model year Chevrolet Sonic, Cruze, Trax, Equinox, Traverse, Silverado 1500 Double Cab or Silverado HD (gas engine only) delivered in Canada between December 2, 2014 and January 2, 2015. Credit is a manufacturer to consumer incentive (tax inclusive) and credit value depends on model purchased: $1500

Ottawa. Need Aboriginal memorial, architect says

The unceded Algonquin land slated for the National Holocaust Monument would be better suited for a memorial honouring First Nations people, according to the architect of the Canadian Museum of History.

While Douglas Cardinal said it's important to commemorate the millions who died in the Holocaust, there needs to be better recognition of the First Nations people who have suffered within their own country.

"What about the First Nations that had 95 per cent of their population wiped out?" said Cardinal. "And how about the survivors and children that had been taken away and put in residential schools where 40 per cent died in those conditions? What we don't want is a memorial for the harm and destruction and misery caused by others. We want a place of celebration and reconciliation and forgiveness."

The National Holocaust Monument will sit at the corner of Wellington and Booth streets and face the Canadian War Museum. Like the land underneath the Supreme Court of Canada and Parliament Hill, it's considered unceded Algonquin territory. The Algonquin people and the province of Ontario have an ongoing land claim negotiation concerning a massive swath of the eastern part of province.

Cardinal said he would envision a different memorial on that land — one that does not acknowledge the "destruction of our people," but rather celebrates their survival.

"Many people have come to this land because of the abuse that they had in their own country ... They had to leave and so they came and shared the land with us," he said. "But they forget that we're still here. We survived."

There's no significant architectural representation of First Nations people in Ottawa he added, noting the lack of an aboriginal embassy, but the National Aboriginal Veterans Monument in Confederation Park does commemorate aboriginals who have served in the Canadian Armed Forces.

LUCY SCHOLEY/METRO IN OTTAWA WITH FILES FROM JOE LOFARO

Dog back running around with prosthetics

Hector, a border collie cross who lost his back paws after they were frozen to the ground in northern Saskatchewan, is now running around on prosthetic parts. It's believed his hind feet and tail were ripped off in January 2013 when his mother picked him up off the ground. His new owner, Lisa Korol, held a fundraiser this year to raise funds for Hector's $3,800 prosthetics. Korol hopes to get him certified as a therapy dog to help people.

LISA KOROL/HANDOUT/THE CANADIAN PRESS

Lac-Mégantic disaster

Musi-Café quietly reopens

The restaurant-bar at ground zero of the deadly train derailment and explosion that killed 47 people in July 2013 is back in business about 400 metres from the original site.

Musi-Café Owner Yannick Gagné says only three of the original employees have returned to work with him in his new establishment.

He lost three workers in the deadly explosion and about a dozen in all have decided not to come back to work with him.

THE CANADIAN PRESS

Michael Sona

Robocall sentence to be challenged

The Public Prosecution Service of Canada wants to challenge the nine-month sentence Michael Sona received for election fraud.

A notice of appeal has been filed arguing the sentence given to Sona, the only person charged and convicted in the 2011 robocall scandal, did not reflect the gravity of the offence.

Thousands of voters received automated phone calls on the morning of the 2011 federal election with misleading information about their proper polling station. THE CANADIAN PRESS

MICHAEL BUBLÉ IS COMING TO YOUR HOME FOR THE HOLIDAYS.
With special guests Ariana Grande, Barbra Streisand and more.
michael bublé's
CHRISTMAS IN NEW YORK
TONIGHT 8
CBC

Rice case. Mom says son shot before he could obey

The mother of a 12-year-old Ohio boy fatally shot by police who believed he was carrying a gun said Monday he was never given a chance to follow officers' orders.

Samaria Rice said in an interview at The Associated Press offices in New York that her son, Tamir Rice, was shot before he could respond to orders after the police pulled up next to him on a Cleveland playground and a rookie officer fired within two seconds. Tamir had an airsoft gun, which shoots nonlethal plastic pellets.

Rice said she wants the officer charged with murder and called on authorities to make sure young officers don't "ignore the training."

Samaria Rice. THE ASSOCIATED PRESS

Rice said she found out later that Tamir was handed the fake weapon by a girl at the playground. She said police also put Tamir's 14-year-old sister in handcuffs as she rushed to help her mortally wounded brother that day. THE ASSOCIATED PRESS

Philadelphia area. Suspect in killing of six eludes law

A man suspected of going to three houses in the Philadelphia suburbs and fatally shooting six people, including his ex-wife and her teenage niece, was at large, and prosecutors said investigators didn't know where he was or how he was getting around.

Police recovered the cellphone and car of Bradley William Stone, who had recently been in court fighting with his ex-wife over custody of their two children. SWAT teams surrounded his Pennsburg home on Monday and pleaded through a bullhorn for him to surrender, but Montgomery County District Attorney Risa Vetri Ferman said it was unclear if he was there.

"As I stand here right now, we do not know where he is," Ferman said at an evening news briefing.

The shooting rampage started before dawn at the home of Stone's former sister-in-law in Souderton and ended about 90 minutes later at ex-wife Nicole Stone's apartment in nearby Harleysville, Ferman said.

Nicole Stone's sister, Patricia Flick, her sister's husband, Aaron Flick, and the couple's 14-year-old daughter, Nina Flick, were killed in the first wave of violence, discovered just before 8 a.m., Ferman said. Their 17-year-old son, Anthony Flick, was pulled from the home with a head wound and was taken to hospital.

Nicole Stone's mother, Joanne Hill, and grandmother Patricia Hill were killed next at their home in nearby Lansdale. Investigators were alerted by a hang-up call to emergency dispatchers, Ferman said. THE ASSOCIATED PRESS

Police probe hostage deaths in Sydney siege

Lindt Chocolat Café. Three dead, including Iranian-born gunman

The deadly siege began in the most incongruous of ways, on a sunny Monday morning inside a cheerful cafe in the heart of Australia's largest city. An Iranian-born gunman burst in, took 17 people hostage, and forced some to hold a flag with an Islamic declaration of faith above the shop window's festive inscription of "Merry Christmas."

It ended after midnight with a barrage of gunfire that left two hostages and the gunman dead, four others wounded, and a nation that has long prided itself on its peace rocked to its core.

After waiting 16 hours, police stormed the Lindt Chocolat Café early Tuesday when they heard gunfire inside, said New South Wales state police Commissioner Andrew Scipione.

A loud bang rang out, several hostages ran from the building and police swooped in amid heavy gunfire, shouts and flashes. A police bomb disposal robot also was sent into the building, but no explosives were found.

"They made the call because they believed that at that time, if they didn't enter, there would have been many more lives lost," Scipione said.

The gunman was identified as 50-year-old Man Haron Monis, who once was prosecuted for sending offensive letters to families of Australian troops killed in Afghanistan.

A hostage runs to armed tactical-response police officers for safety after she escaped from a café under siege at Martin Place in the central business district of Sydney, Australia, on Monday. ROB GRIFFITH/THE ASSOCIATED PRESS

Prime Minister Tony Abbott said Monis had "a long history of violent crime, infatuation with extremism and mental instability."

Scipione wouldn't say whether the two hostages who were killed — a 34-year-old man and a 38-year-old woman — were caught in crossfire, or shot by their captor.

One of the victims was Sydney lawyer and mother-of-three Katrina Dawson.

The other victim was identified in Australian media as the manager of the café, Tori Johnson.

Deputy Police Commissioner Catherine Burn said three women were treated in hospital for gunshot wounds and were in stable condition. A police officer was treated for shotgun pellet wounds and discharged, she said. THE ASSOCIATED PRESS

Man Haron Monis

The gunman was known to authorities.

- Last year, he was convicted and sentenced to 300 hours of community service for using the postal service to send offensive letters to families of soldiers killed in Afghanistan.
- Monis was charged with being an accessory to the murder of his ex-wife. Earlier this year, he was charged with the sexual assault of a woman in 2002. He has been out on bail on the charges.

Man Haron Monis in April 2011 after a pretrial hearing in Sydney. DEAN LEWINS/THE ASSOCIATED PRESS FILE

moto x

OUR BEST PLAN EVER

The Cross-Canada Plan $44/month

- Unlimited Data
- Unlimited Canada & US Talk
- Unlimited Global Text
- International Calling from 1¢/min
- Voicemail+
- Credits to use your phone across Canada

OFFER ENDS SOON

WIND true mobile freedom

Offer is valid as of November 2014 and are subject to change or cancellation without notice. All unlimited plan features are from anywhere on our network, otherwise long distance and roaming rates apply. The monthly service credits are applicable only for pay-per-use charges and monthly add-ons and are not valid toward your monthly plan fees (that is, the $44/month plan fee), the cost of devices, or accessories. Any unused monthly credits will be forfeited and may not be carried over to the next month. The applied credits from this promotion may not be used toward the *WIND Phone Protection Program*. WIND may, from time to time, and without notice, determine that certain add-ons are not eligible for credits. All services subject to WIND's Terms of Service, Fair Usage Policy and Internet Traffic Management Policy and are for personal use by an individual. Applicable taxes extra. Additional terms and conditions apply. Learn more at WINDmobile.ca. Motorola is a registered trademark of Motorola Trademark Holdings, LLC. WIND, WIND MOBILE and TRUE MOBILE FREEDOM are trademarks of Wind Telecommunicazioni S.p.A and are used under license in Canada by Globalive Wireless Management Corp. © 2014 WIND Mobile

Australia

Uber backtracks after price hikes

The ride-sharing company Uber was promising free rides and refunds Monday for people fleeing central Sydney after coming under fire for hiking prices during a hostage crisis that was unfolding there.

Mashable reported that Uber was briefly charging customers a minimum fare of 100 Australian dollars ($82 US) and four times the usual per-mile rate to leave the city centre. THE ASSOCIATED PRESS

Impacting work

Banker dodged rail fares for years

A London banker has been banned from working in the financial services industry after he was caught dodging rail fares. A Southeastern spokeswoman said the company believed Jonathan Burrows dodged fares for up to five years. THE ASSOCIATED PRESS

Lawyer

Don't publish hacked info: Sony

A lawyer representing Sony Pictures Entertainment is warning news organizations not to publish details of company files leaked by hackers. THE ASSOCIATED PRESS

Market Minute

DOLLAR
85.79¢ (-0.63¢)

TSX
13,705.14 (-25.91)

OIL
$55.91 US (-$1.90)

GOLD
$1,207.70 US (-$14.80)

Natural gas: $3.73 US (-$0.20)
Dow Jones: 17,180.84 (-99.99)

Halal beef supplier misled Muslims: U.S.

Indictment. Iowa company allegedly lied to customers about slaughter methods

Bill Aossey Jr., company founder, poses for a portrait in front of an image of Damascus at Midamar Corp. in Cedar Rapids, Iowa, in this September 2010 photo. MARY WILLIE/THE DES MOINES REGISTER/THE ASSOCIATED PRESS FILE

A food supplier for several years falsely marketed beef to Muslims around the world as meeting strict halal standards, exporting products that weren't slaughtered in accordance with Islamic law, U.S. federal prosecutors allege in a major fraud indictment.

Midamar Corp., based in Cedar Rapids, Iowa, sold at least $4.9 million US in beef to customers in Malaysia, Kuwait, United Arab Emirates and elsewhere that did not follow the halal practices promised in its labelling and advertising, according to the indictment returned Dec. 5 by a grand jury.

Midamar and its directors, brothers Jalel and William (Yahya) Aossey, are charged with conspiring to make and use false statements and documents, sell misbranded meat and commit mail and wire fraud. Also indicted is another company the brothers controlled, Islamic Services of America, which is one of the few organizations approved by Malaysia, Indonesia, Kuwait, Saudi Arabia and UAE to certify beef for import into their countries. The defendants are charged with 91 other counts of making false statements on export certificates, wire fraud and money laundering.

Midamar's founder, 73-year-old William Aossey Jr., pleaded not guilty to similar charges last week. His sons, ages 40 and 44, were scheduled to be arraigned Monday in federal court in Cedar Rapids.

Midamar issued a statement calling the charges a violation of the U.S. constitution's separation of church and state, saying it was inappropriate for the government to judge halal practices. The company said its slaughter methods have been vetted by halal auditors during its 40-year history and the "company continues to maintain its high level of halal integrity." THE ASSOCIATED PRESS

Household debt soars

A sustained period of low interest rates has allowed Canadians to rack up record levels of debt which, along with tumbling oil prices, pose a threat to the country's financial stability, economists say.

The total amount of credit market debt — which includes mortgages, non-mortgage loans and consumer credit — held by Canadian households hit a record high in the third quarter, climbing to 162.6 per cent of disposable income from a revised 161.5 per cent in the second quarter.

That means Canadians owed about $1.63 for every dollar of disposable income, according to the latest figures from Statistics Canada.

"The Bank of Canada has a lot on its plate in terms of assessing risk to the Canadian economy," Leslie Preston, an economist at TD Economics, said in a note.

"The recent collapse in oil prices (is) likely to have an adverse effect on Canada's growth over the next year, and particularly on incomes in oil-producing regions," Preston said.

"Now, household debt risks are heating up once again. Overall developments argue for continued caution by the central bank, with interest rate hikes still a ways off in the future."

The bank's overnight rate, which generally influences the interest rate charged by lenders for variable rate mortgages and lines of credit, has remained at one per cent for more than four years.

Low interest rates have made carrying a record-high debt burden "more affordable" than ever for Canadians, Preston said.

That is evidenced by the fact that even as the ratio of debt to disposable income has ballooned, the debt service ratio — that is, the amount of interest paid on mortgage and non-mortgage debt as a proportion of disposable income — declined to 6.8 per cent in the most recent quarter, a level that Statistics Canada calls an "all-time low."

The previous record for household debt was set a year ago, in the third quarter of 2013, when the total amount of debt held by Canadians equalled 161.7 per cent of disposable income. THE CANADIAN PRESS

Fad. S. Korea goes nuts for macadamias

South Korean retailers are experiencing a boom in sales of macadamias after nut rage imploded the career of a Korean Air Lines executive and embarrassed her family and country.

The flavourful macadamia nut was unfamiliar to many South Koreans until Cho Hyun-ah, the daughter of Korean Air's chairman, ordered a flight attendant off a Dec. 5 flight from New York City after she was served them in a bag instead of on a plate.

Macadamias are now a household name in South Korea, and with curiosity about their taste piqued, sales are booming.

Auction, a South Korean unit of eBay and South Korea's second-largest e-commerce website, said Monday that sales of macadamias surged nearly twelvefold during the previous five days without any promotions. It said macadamias previously made up five per cent of its nut sales but were now accounting for almost half. THE ASSOCIATED PRESS

Critics. Lehman Brothers lessons might be fading

Six years after the collapse of Lehman Brothers, the lessons of the financial crisis may already be fading from collective memory in the U.S. Just last week:

— Congress acted to loosen the regulation of the high-risk investments that ignited the 2008 crisis.

— Housing regulators cut minimum down payments on home loans.

— The Institute of International Finance declared it "worrisome" that global indebtedness, as a share of world economic output, has reached record levels.

All this comes as subprime auto loans for financially stretched buyers are surging. THE ASSOCIATED PRESS

Are you:
- An Internationally Trained Professional?
- A Canadian Citizen or Permanent Resident living in BC?
- Lacking affordable financial support for licensing?

we can help!

Contact us at 604.232.1100 or www.success.bc.ca/FCRloan

FCR SUCCESS Employment Services

Canada Funded in part by the Government of Canada's Pan-Canadian Innovations Initative

Low Cost Term Life Insurance

Premiums per month for $500,000 Coverage, staring from:

- Male 30 Non Smoker - $25.20
- Male 40 Non Smoker - $32.40
- Male 50 Non Smoker - $75.51
- Male 60 Non Smoker - $224.10
- Female 30 Non Smoker - $17.10
- Female 40 Non Smoker - $20.95
- Female 50 Non Smoker - $52.47
- Female 60 Non Smoker - $156.60

Above Premiums are for 10 yr Term STANDARD Rates (Lifeguide September 24th, 2014)

Premiums are based on "STANDARD" 10 Year Term Single Life Rates. Based on your current health status and family history, you MAY qualify for further discounts on your premiums. *20 Year Term, 30 Year Term, Whole Life and Universal Life Plans also available.*

Get your FREE NO Obligation Quote! Call now!

1.888.484.5255
or 604.987.0800

Get the bulldog on your side!

Churchill Insurance Brokerage Services Inc.

Churchill Insurance is an Independent Insurance Advisor.

Buy "Term Life" the easy way, go to www.churchillinsurance.ca

VOICES

THE NEW FACE OF FEMINISM

Metro's Kristen Thompson looks at high-profile young feminists, such as recent Nobel Prize-winner Malala Yousafzai, who are taking a cause traditionally championed by adults and inspiring those in their cohort to effect change

KRISTEN THOMPSON
kristen.thompson@metronews.ca

There's a new face to feminism these days. It's a youthful face, made up of girls fighting for women's rights before they've become women themselves.

Consider Malala Yousafzai, who has just become the youngest person to receive the Nobel Peace Prize. She was only 11 years old when she became a vocal activist for the universal right to education.

Her rallying cry for children's and girls' equality is aimed at policy-makers. But, by virtue of her age, she's inspiring fellow children.

It was girls who clutched photos of Malala at a school assembly in Pakistan to celebrate her Nobel Prize. Her autobiography is available in a young reader's edition to make her story more accessible to a younger audience.

Everywhere you look these days, girls' rights campaigns are aimed at, well, girls. There's Plan Canada's Because I Am A Girl movement. There's thefbomb.org, which connects teens concerned with gender equality. There's TeenFeministBlog, run by high-schooler Jules Spector, a teen advisor for the UN's Girl Up campaign.

And there are high-profile feminists such as Demi Lovato, Lorde and Emma Watson, the latter of whom recently gave an eloquent and rousing speech to the UN on the topic of gender equality.

Megan Boler, a professor of media and education at OISE-University of Toronto, notes there has been a profound shift in the perception and popularity of gender issues and that young people are, in large part, a driving force.

She attributes this shift to several factors, including Hillary Clinton's 2008 presidential run, which ignited discussions about women in politics; young women's involvement in the Occupy movement; the Slut Walk protests; and increased discussions about cyberbullying in light of the suicides of several teen girls who were bullied by classmates.

"There's something about feminism that's being rekindled and reclaimed," says Boler. "Generational divides will not discourage young women from getting involved. I'm seeing it with my own nieces. They bring up issues about sexism in the media and gender roles."

"If we see role models of all different ages, then the hopeful implication is that 'feminist' stops becoming this bad word and … that it's cool at all ages to engage in working for gender equality."

This is the feminism girls are growing up with: A confident and empowering movement where people such as Malala are telling girls they have a voice and that even children can ignite change.

This new era is teaching our girls they don't need to look solely to adults to fight for them; they are empowered to fight for their own rights to education, safety and sexual freedom.

Whether these girls grow up to be the next Gloria Steinem or Germaine Greer remains to be seen. But whether they create change through politics and activism or simply through the way they treat each other, they will have made a difference.

This didn't start with Malala. But she's been a huge catalyst. The impact of that brave, inspiring girl will have a ripple effect that will be felt by girls as they grow into women. This is Malala's legacy.

Fourth-wave feminism

This is the feminism girls are growing up with: A confident and empowering movement where people such as Malala are telling girls they have a voice and that even children can ignite change.

Clockwise, from top: Despite being shot by the Taliban for expressing her views, Malala Yousafzai is championing the rights of girls to go to school; Singer Lorde is confident and outspoken and openly identifies as a feminist; Demi Lovato is an advocate for women's health and anti-bullying campaigns and is open about her struggles with negative body image; Emma Watson is the UN Women Goodwill Ambassador. ALL PHOTOS GETTY IMAGES

Girls learning that feminism is unfinished business: Prof

Metro talked to Dr. Joan Simalchik, a professor in gender studies at the University of Toronto, about how feminist role models are getting younger.

Is there a new trend of young feminists championing for girls' rights? Yes. Many in this generation of young people ... begin with an understanding that the goals of feminism are pretty well reached, but when they venture out, they see that full equality is far from their reality.

Violence is still very present. Pay equity has not been achieved, and child-care is often not available or affordable. Women still are responsible for much domestic labour and family caregiving. When they see popular figures such as Emma Watson speak out, their own feelings are validated. And when they learn about Malala Yousafzai's bravery, they are inspired to exercise whatever agency they can muster.

What are the implications of this trend? When their expectations clash with reality, they look to make change. You can see this in the public initiatives young women have organized. The York University students who founded Slut Walk are a good example. Because violence is so prevalent, this campaign has resonated widely.

Why is this important? Because there is unfinished business along with contemporary issues like cyberbullying. The National Film Board has a new film with that name: The Unfinished Business of Feminism in Canada.

Is feminism changing from one generation to the next? Each generation responds in their own culturally available way to their own particular context. This generation for instance uses social media in ways that far outpace previous networking options. Beyond the form, the content of their feminism is far more diverse.

They see the intersection between race, class and gender clearer. They have responded to the Idle No More message and have taken up the demands for an end to violence against indigenous women. Feminism has changed — from time to time and from place to place. While my students love to learn about Nellie McClung's Mock Parliaments staged to gain voting rights for women, none of them, myself included, would identify as suffragettes. KRISTEN THOMPSON/METRO

metro
Star Media Group President John Cruickshank • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Vice-President & Editor-in-Chief, Metro English Canada** Cathrin Bradbury • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Vancouver** Jeff Hodson • **Managing Editor, Features** Amber Shortt • **Managing Editor, Canada, World, Business** Matt LaForge • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Chris Mackie • **Distribution Manager** George Acimovic • **Vice President, Content & Sales Solutions** Tracy Day • **Vice-President, Sales** Mark Finney • **Vice-President, Finance** Phil Jameson • **METRO VANCOUVER** 375 Water Street - Suite 405 Vancouver, BC V6B 5C6 • **Telephone:** 604-602-1002 • **Fax:** 604-648-3222 • **Advertising:** 604-602-1002 • adinfovancouver@metronews.ca • **Distribution:** vancouver_distribution@metronews.ca • **News tips:** vancouver@metronews.ca • **Letters to the Editor:** vancouverletters@metronews.ca

Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Lindsay Lohan ALL PHOTOS: GETTY IMAGES

Lindsay Lohan vows to never return to Hollywood

She's thought long and hard about it, and Lindsay Lohan is through with Hollywood.

"I won't live in L.A. again, hell no," she tells the Observer in a lengthy interview.

"My friends tell me s— when they come over I don't want to hear. I don't even know who got married and who got pregnant. You turn on the news in L.A. and it is all gossip about people. All the stuff that is going on in the world right now and this gossip is the news? I love the BBC. I haven't heard myself mentioned on TV since I have been here. That has been really weird for me, and great."

So there you go. The secret to keeping Lindsay Lohan away is to constantly mention her.

I'd like to take this time to announce that Ms. Lohan will feature into every single thing I write from now on.

Ahem. Also of note? Lohan seems to suggest her past issues with excessive partying that got her into so much trouble weren't really her own fault, but more the fault of her friends and their lack of creativity when it came to social activities. Well, them and the paparazzi.

"In L.A. I didn't know what to do apart from go out every night. That's when my friends were free. And I would go out and there would be all these cameras there and that's when it became difficult," she explains. "I can go for a run here on my own. I do every morning, early, and I think how my friends in New York would still be up partying at that time. I needed to grow up, and London is a better place for me to do that than anywhere else." Congratulations, London. She's all yours.

Lisa knows not to let it all out in email

While Sony has been busy siccing its lawyers on publications and sites that have been gleefully disseminating details from the massive hacker-fuelled info dump, a lot of the damage has already been done — and people have opinions about it!

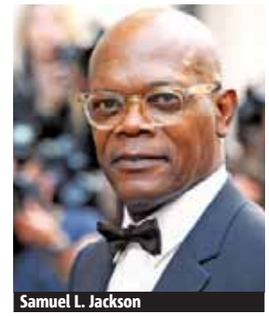
Among those people? Former Friends star Lisa Kudrow, who is more disappointed in the execs for not understanding how a life online works than anything else. "How come I know you don't write anything you don't want broadcast in an email? How come I know that? Who's advising (these) people?" the Comeback star blasted during a HuffPost Live chat. "It doesn't matter how many times (an email) says, 'This is confidential, meant for just between the sender and the recipient.' Why don't we know that there are no rules? Everything is broadcast and published. That's the part I just don't understand."

She says that now, but just wait until the contents of her Amazon wish list are made public.

Lisa Kudrow

Forget the ice bucket: Samuel L. Jackson wants celebs to sing

Pulp Fiction star and Marvel mainstay Samuel L. Jackson has a new challenge for celebrities who helped make the ALS Ice Bucket Challenge so successful this summer. He wants them to use that social media power to raise awareness about the protests happening around the U.S. following a New York grand jury's decision not to indict a police officer in the choking death of Eric Garner. "All you celebrities out there who poured ice water on your head, here's a chance to do something else," Jackson says in a video posted to Facebook.



Samuel L. Jackson

"I challenge all of you to sing the We Ain't Gonna Stop Till People are Free song."

Jennifer Aniston is sick of the baby speculation

Speaking of Friends, Kudrow's old co-star — and newly minted Golden Globe nominee — Jennifer Aniston is taking a stand against the near-constant tabloid cycle of speculation about her plans for a family. "I don't like (the pressure) that people put on me, on women — that you've failed yourself as a female because you haven't procreated. I don't think it's fair. You may not have a child come out of your vagina, but that doesn't mean you aren't mothering — dogs, friends, friends' children," she tells Allure magazine. "I have a lot of friends who decided not to have children, who can't have children, or are trying but are having a difficult time. There's all sorts of reasons why children aren't in people's lives, and no one has the right to assume. It's quite rude, insulting and ignorant."

Jennifer Aniston

At just 25, Taylor gets her own retrospective

Los Angeles' Grammy Museum unveiled a brand new exhibit this weekend called The Taylor Swift Experience, full of guitars, clothing, news clippings, old journals and general detritus culled from the 25-year-old's brief, but hugely successful, music career. While it may seem odd to have a retrospective museum exhibit for someone just barely born in the '80s, keep in mind that most of the instruments and costumes on display are from the recently abandoned country music part of career, so she wasn't using them anymore anyway. Also in the exhibit? One of her Grammys, as Swift has already won so many that she could spare one for the exhibit. Assuming, that is, she even notices it's gone.

Taylor Swift

SCENE

The next wave of soul, grunge and pop stars

This time last year, Sam Smith — now a six-time Grammy nominee — was just beginning to gain attention, and Banks' acclaimed debut album Goddess was still more than a half-year away. What artists are next in line for a breakout year come 2015?

scene@metronews.ca

Black Honey

Not much is known about the Brighton band Black Honey, whose music so far consists of a handful of demos. Those demos, though, are promising — powerful female vocals over lush, surf-rock instrumentals.
Listen to: Sleep Forever

Låpsley

Success is coming quickly for teenage soul-folk singer-songwriter-producer Holly Fletcher, a.k.a. Låpsley. Shortly after debuting on the scene, the Liverpool native signed to XL Recordings, home of Adele and The xx, and she's got a debut EP, Understudy, due Jan. 5.
Listen to: Falling Short

Josef Salvat

You likely know this Australian-born, London-based singer from his stripped-down take on Rihanna's Diamonds. He released the EP In Your Prime in 2014 and he has a debut album of his soulful electro-pop on the way.
Listen to: Open Season

Vérité

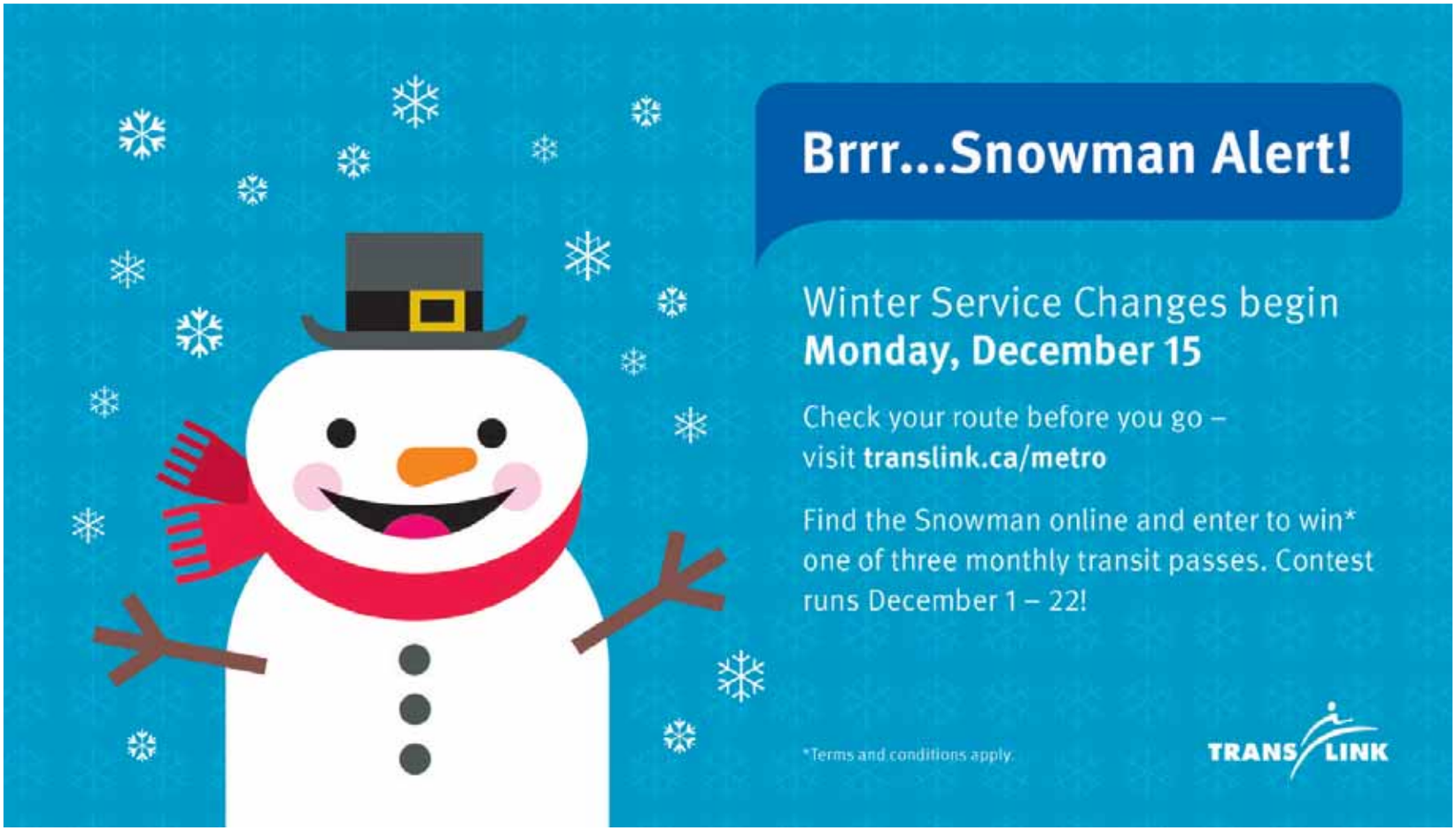
New York's Vérité came onto the scene in July with her pure, punchy alternative pop. She released a debut EP, Echo, in October, and we look forward to what 2015 will bring.
Listen to: Strange Enough

Wolf Alice

Another hotly tipped band that's already achieved some fame through live shows, especially in their native U.K. The grunge rock band from London debuted in 2013 with the single Fluffy and just put out an EP, Creature Songs, in May.
Listen to: Moaning Lisa Smile

Others to watch

- **Ryn Weaver.** New York/L.A.-based Ryn Weaver released her first pop single in June to viral success. Listen to: OctaHate.
- **James Bay.** The British singer-songwriter has had a noteworthy 2014 in the U.K., and earned the promising Brits Critics' Choice award. Listen to: Hold Back the River.
- **Shura.** London singer Aleksandra Denton, a.k.a. Shura, has won over many critics with her cutting-edge synth-pop evoking '80s and '90s greats such as Madonna. Listen to: Touch AFP


Brrr...Snowman Alert!
Winter Service Changes begin
Monday, December 15
Check your route before you go –
visit translink.ca/metro
Find the Snowman online and enter to win* one of three monthly transit passes. Contest runs December 1 – 22!
*Terms and conditions apply.
TRANSLINK

Stevie Wonder AFP

Grammys to honour Stevie with special 2-hour tribute

Music. Celebration for Motown legend will be recorded Feb. 10 in Los Angeles and aired on CBS on Feb. 16

The Grammys will pay tribute to Stevie Wonder with a special performance after the annual award night.

Organizers announced a two-hour show in the Motown legend's honour to be recorded on Feb. 10 at the Nokia Theatre in Los Angeles, two days after the awards.

Jack Sussman, an executive at CBS, which will broadcast the tribute on Feb. 16, said the show will "give everyone he's inspired a chance to show our esteem."

"His music is as poignant as it is appealing and his songs have the ability to illustrate our world in every note," he said.

The show follows the model of a special that accompanied the awards last February to celebrate 50 years since the Beatles arrived in the United States. AFP

Grammy success

Stevie Wonder, the 64-year-old visually impaired artist, has won 25 Grammys, including the prestigious Album of the Year in 1974, 1975 and 1977.
The 1977 Grammy was for his seminal double album Songs in the Key of Life, which featured hits such as Isn't She Lovely and I Wish. Wonder embarked on a short tour last month in which he is playing the double album.

Jimmy Kimmel's lump of coal, David Lee Roth in the Tiki Bunker and the saddest Christmas song ever

SOUND CHECK
Alan Cross
scene@metronews.ca

Joel, The Lump of Coal/The Killers

Every year since 2008, The Killers have released a Christmas song with all proceeds going to the Project (RED) campaign. This year, they sought the advice of Jimmy Kimmel on the question "What rhymes with coal?"

Happy Holidays/ David Lee Roth

The sometime VH-er offers best wishes of the season direct from Dave's Tiki Bunker. I don't know where that is or what goes on inside, but it certainly isn't normal. Or coherent.

Home Alone (A Christmas Song)/ Giant Hand

Don't let the major key fool you. Kirk "I Sing About Death" Ramsay's Christmas song is one of the saddest you'll ever hear. But if you share his headspace, you'll know that someone feels just like you.

Corgan in epic mode on Pumpkins' new album

Music. Band's eclectic frontman extends his musical style on Monuments to an Elegy

Billy Corgan could easily be cashing cheques by replaying 1990s hits of the Smashing Pumpkins, whose brooding rock spoke to a subset of youth in the know.

But even at the height of his fame, Corgan was thinking bigger. Now 47, Corgan has grown into an indie rock renaissance man, pursuing interests as diverse as Eastern spirituality and professional wrestling, while refusing to resign himself to being a musical nostalgia act.

On the Smashing Pumpkins' new album, Monuments to an Elegy, Corgan — the band's frontman, songwriter and sole consistent member — is once again in epic mode.

He has described Monuments, which came out last week, as the latest installment of Teargarden by Kaleidyscope — a larger, ongoing concept album of songs inspired by a deck of Tarot cards. Another record is slated for 2015.

Despite clocking in at little more than half an hour, Monuments sprawls widely in style, consistent with Corgan's passion for juxtaposing electronic and guitar elements as witnessed on the chart-topping 1995 double album, Mellon Collie and Infinite Sadness.

Monuments starts with echoes of the 1990s Pumpkins. The first track, Tiberius, opens with a gentle keyboard before being overpowered by a guitar that could have come from the band's hard-charging first two albums, Gish and Siamese Dream.

Being Beige, the album's first single, similarly works its way from a mournful acoustic guitar to a harder sound as Corgan — no stranger to romantic woe — sings in his distinctively plaintive voice, "I don't love you, for what it's worth / So if you're leaving, can you hurt?"

Later, on tracks Run2me and Dorian, the album takes a detour into dark electronica that brings to mind New Order or even at times Robyn.

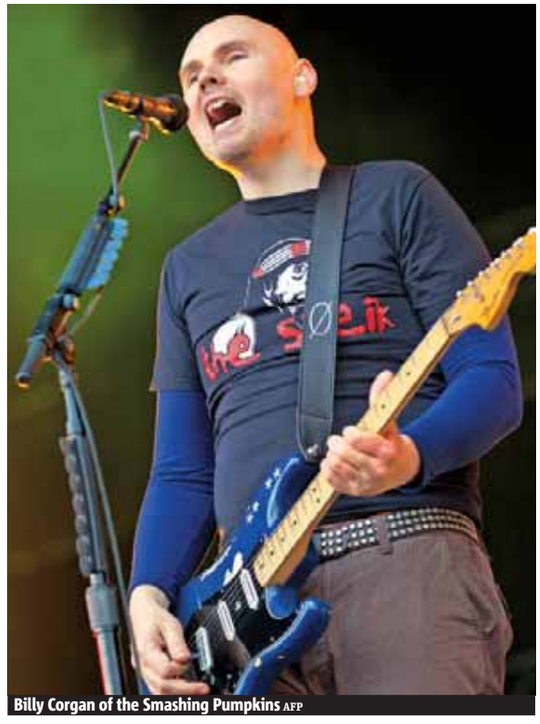
Corgan hinted that the followup album to be released next year, Day for Night, would have a heavier sound. He said recording the album was going slowly but that he decided, "We need more guitars and less everything else."

On a small tour to promote Monuments, the band has made a concession by playing some of their most recognizable hits including Disarm, Corgan's account of his difficult childhood.

But Corgan has also devoted energies to much more experimental endeavours.

Earlier this year, he created an eight-hour ambient interpretation of Siddhartha, Herman Hesse's 1922 novel inspired by the Buddha. He performed the work for free at the vegan teahouse he founded in the suburbs of his native Chicago.

And a Chicago-area theatre premiered Corgan's short musical Pretty Persephone about the Eleusinian Mysteries, the secretive sacred rites of ancient Greece. **AFP**



Billy Corgan of the Smashing Pumpkins AFP

Monuments to an Elegy

The Smashing Pumpkins' wide-ranging album swings by the end to a classic hard rock sound, showcasing the surprise choice of drummer: Tommy Lee of Motley Crue. Asked what it was like to work with the notoriously rowdy heavy metal star and ex-husband of Pamela Anderson, Corgan told a fan Q&A that Lee was a "great drummer" and that there was "nothing like sitting around the pool and hearing about things that you can't believe even happened, or were physically possible with another human."

12 DAYS OF CHRISTMAS SALE & GIVEAWAY

TODAY'S GIVEAWAY

2 YEARS FREE MAINTENANCE PACKAGE

with the purchase of a new/used vehicle*

Only available at Richmond Subaru

Contact us for more details

BUYBACK OFFERS VALID TODAY ONLY!

BB3747

2014 SUBARU IMPREZA

SALE PRICE $21,888** MONTHLY PAYMENT $288**

SAVE $3,602

BB3779

2014 SUBARU FORESTER

SALE PRICE $27,088** MONTHLY PAYMENT $418**

SAVE $3,657

BB3807

2014 SUBARU LEGACY

SALE PRICE $24,324** MONTHLY PAYMENT $328**

SAVE $4,766

*FREE giveaway is valid only on December 16, 2014 to qualified customers with every purchase of a new/used vehicle at Richmond Subaru. **Terms based at 0.9% OAC with $3,000 down payment over 48 month term. Tax included, $495 documentation, $595 finance fees, $125 air and tire tax. DL #31150.

RICHMOND SUBARU

3511 NO.3 ROAD, RICHMOND, BC. V6X 2B8

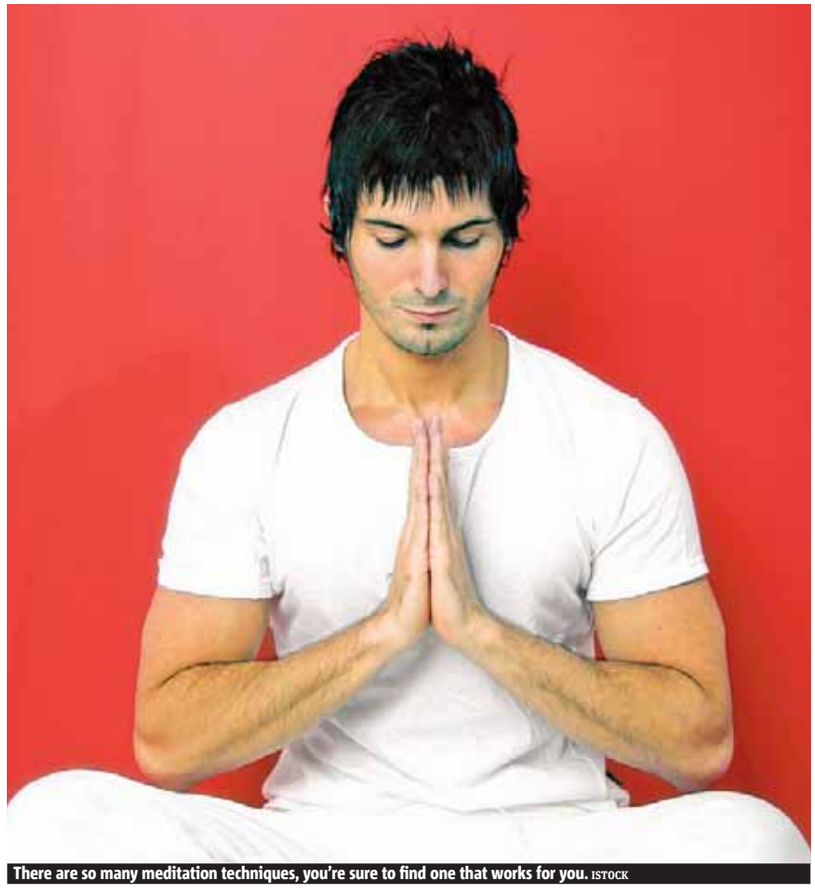
CALL 1.866.982.6299

www.richmondsubaru.com

Twelve days of meditation

De-stress. OK, there's technically only nine days left until Christmas, but while you're decking the halls (and braving the mall) find inner calm

GABBY BERNSTEIN
Metro in New York City



There are so many meditation techniques, you're sure to find one that works for you. ISTOCK

When people tell me they don't have time to meditate, I reply, "Do you have time to feel like crap?"

We're all busy, especially in December, but with these seven steps we can all make time to meditate.

We all have a minute to spare

One minute of every day spent in stillness can change your life. Commit to taking even just one minute a day, using it to silence your mind and calm your energy, and follow this breathing technique: Breathe in for five seconds, hold your breath for five seconds, release for five seconds, hold for five seconds

Peace is in your pulse

Meditation can be as simple as finding your pulse. This one is easy for meditation newbies. A great meditation for beginners is what I've nicknamed Peace Is in Your Pulse. It improves your concentration and brings calm to even the most scattered mind.

Begin by sitting comfortably cross-legged on the floor. Lightly close your eyes and focus on the space between your eyebrows (the third-eye point). The mantra is "sat nam" (which means "truth identified").

The hand position (mudra) is simple. Place the four fingers of your right hand on your left wrist over your pulse. The fingers are in a straight line, lightly pressed on the wrist so you can feel your pulse in each fingertip. On each beat of your pulse, mentally hear the sound of sat nam.

This meditation can be done any time, anywhere, and you can experience great benefits in just one minute. Practise it daily to develop your intuition and calm your mind.

Peace begins with you

This technique is a fantastic Kundalini meditation that's fast, easy and effective.

Gently press your thumb against your other four fingers individually, and say one word: index finger (peace), middle finger (begins), ring finger (with), pinkie finger (me).

Breathe deeply as you say each word. Go as slow or as fast as you'd like. Use this technique in line at the bank, under the desk in an office meeting or in the middle of a fight with your partner. This technique will get you through all kinds of crazy emotions and help you release resentment fast.

Meditate while you cook

If you enjoy cooking, then it can be considered a meditative practice. Time spent in the kitchen is designated for creativity and helps you detach from your day. Next time you feel stressed out after a long day, cook a meal. Use your time in the kitchen to redirect your focus from your to-do list and onto serving your soul. Enjoy the process, and then enjoy the meal!

Walking meditation

You can find a meditative moment even when you're walking. The next time you're running an errand or walking to your office, make it meditative.

- Take a deep breath with every step.
- Feel your feet and focus on being more grounded with each step.
- Use a mantra while you walk. With each step, recite these words: "I am calm now."

A great place to try walking meditation is when you're in a crowded mall frantically finishing your holiday shopping.

Take a five-minute tech break

One of the main reasons we're so stressed is because of technology we are always carrying with us. Give yourself a five-minute tech break once a day.

Use that five minutes to practise one of the meditations you've learned here. Use your one-minute breath, go for a walking meditation or find peace in your pulse. Turn off your phone, step away from the computer and create space for stillness.

Use these steps to bring more meditative moments into your day and get your zen on well into the New Year!

GABBY BERNSTEIN IS A CERTIFIED KUNDALINI YOGA AND MEDITATION TEACHER. SHE IS ALSO TRAINED IN THE EMOTIONAL FREEDOM TECHNIQUE AND IS A STUDENT OF TRANSCENDENTAL MEDITATION.

Heart trumps brain in movie or book choices

EVA KIS
Metro in New York City

When you need a good cry, do you reach for the movie that's "based on a true story"?

Science says you're giving your brain far too much credit.

According to a new study published in the Journal of Consumer Research, it doesn't matter whether the story is inspired by actual events or is purely fictional once you've made an emotional investment.

The reverse — going for a novel over a memoir to avoid feeling sad — is also a false assumption, according to the authors from Brandeis and New York universities.

"Consumers may choose to read a tragic fictional story because they assume that knowing it was fictional would make them less sad than reading a less dramatic, but true, story," they write.

"However, the fictional nature does not alter the impact of the tragic story, leaving them more emotionally distraught than if they had read the true story instead."

In the study, viewers were shown a movie they were told was fictional. Though this audience reported lower levels of sadness, they had been allowed to take breaks during the screening, which researchers theorize could have allowed them to remember that the story was not true.

In a different study, subjects claimed it would leave them sadder to know that a tragic story they'd just read had really happened rather than being made up.

Two other groups read the same story and were told either that it was an accounting of true events, or completely fiction. Both felt sad regardless of what they'd been told.

The only beneficiaries of this self-delusion, the researchers write, are publishers and movie studios willing to back a project simply because it's based on a true story.

"However, our results suggest that while emphasizing realism may increase sales, it does not necessarily increase satisfaction," the authors say.

A new study shows because a movie is fiction doesn't mean you will be less sad than if it were based on true events. ISTOCK

Sifting through facts and fables of active sitting

Staying fit. Exercising while being seated will not replace a workout

As studies emerge classifying sitting for extended periods as bad to our health, wobbly stools and exercise balls are replacing office chairs, pedal sets are being installed under desks and everyone's talking about how to stay physically active while seated at their desk. But what can we expect from active sitting?

Philippe Til, a trainer and martial arts expert in L.A., weighs in on the facts and fables.

Fact: Effective posture is the basis for active sitting, so if we start off slumped, we might not get anything out of it at all.
"Doing exercises in a chair or on an exercise ball without taking posture into account is like stacking fitness on top of dysfunction," says Til.

To get started, take what he calls the "horse ready" position. "Sit on the edge of your chair with your spine straight and your shoulders squared," he says, "And open up your thigh-to-trunk angle so that it's obtuse — this part is very important. Your feet will be directly under your shoulders."

Fable: Active sitting is a good way to get in shape.
Hardly, according to Til, who says that it should never be considered a substitute for whole fitness.

"Active sitting is still sitting," he says. "It's not going to help you lose weight and it certainly won't increase your cardiorespiratory fitness levels. It will, however, get your blood flowing and can hinder some adverse long-term effects on the joints if done properly, starting with proper posture."

Fact: Once good posture has been established, blood flow and oxygen intake improve.
The simple postural adjustment that Til suggests can open the airways in your lungs.

"I've had clients with frequently occurring headaches who have seen them stop once they changed their posture, which is most likely due to the increased oxygen intake and blood flow."

Fable: Active sitting will make joint pain go away.
According to Til, desk jockeys are prone to pains in certain joints. Take the knees, for example, which weaken in the absence of a load. Active sitting might reduce the pain a bit, he says, but it won't replace actual exercise.

Fact: Extended sitting is more likely the cause of joint pain than exercise.
Indeed, says Til, when his clients complain of pain in, for example, the lower back, sitting is the culprit in most cases. The pain is the back's way of responding either to lack of use or poor posture, or a little of both.

He advises keeping the thigh-to-trunk angle open during the day to avoid the tightening of the hips experienced by most desk jockeys. Keeping up your regular exercise program, however, is essential if one is to benefit from active sitting. "Your joint pain will likely go away," he says, "and if it doesn't, it's best to see your doctor."

Extended seating may cause more joint pain than exercise. ISTOCK

Getting started
Til suggests using a variety of tools, including barbells and exercise bands, that can add variety to your moves and perhaps even some calorie burn. If it's not possible to take equipment to work, start by using your desk, subtly placing your hands on the top and pushing down — and the opposite — to get in some isometric moves.

In the traditional seated position, push your heels powerfully into the ground. Shoulder rotations are important for keeping them square, says Til, and neck rotations engage the muscles in the spine.

AFP/PHILIPPE TIL, WHO SUPPLIES THE ENGLISH TRANSLATION OF FRENCH FITNESS EXPERT GEORGES HÉBERT'S UPCOMING PRACTICAL GUIDE TO PHYSICAL EDUCATION. TO BE RELEASED IN JANUARY, IT IS THE SECOND EDITION OF THE NATURAL METHOD BOOK; THE FIRST IS AVAILABLE IN THE KINDLE STORE.

*Valid from Dec 16th to Jan 4th. Can not combine with other offers. While stock lasts.

Get Celex products at following locations:

AEM's Salmon & Gift	Richmond	Medicine Guru	Surrey
Alberto Pharmacy	Vancouver	Medicine Shoppe Compounding Pharmacy	Richmond
Anderson's Pharmacy	North Vancouver	Medicure Pharmacy	Vancouver
Anita's Pharmacy	Burnaby	Medisave Pharmacy	Surrey
Bains Pharmacy	Delta	Minoru Pharmacy	Richmond
Best Choice	Burnaby	Nanaimo Pharmacy	Vancouver
Bonsor Pharmacy	Burnaby	Nature's Best Natural Foods	Vancouver
Budget Food	Delta	New Triple A Market	Vancouver
Central Lonsdale Pharmacy	North Vancouver	P & A Pharmacy	Vancouver
Cloud Pharmacy	Vancouver	Park Pacific Pharmacy	Richmond
Consumers Nutrition Center Ltd.	Richmond	Pharmasave	North Vancouver
For Real Foodmart	Richmond	Queensborough Community Pharmacy	New Westminster
Fresh & More Market	Surrey	Edmond Remedy's Rx Pharmacy	Burnaby
Garlane Pharmacy	Vancouver	Regency Prescriptions	Richmond
Green Leaf Organic Health	Vancouver	Richport Pharmacy	Richmond
Green Town Nutrition	Richmond	Root Pharmacy	Vancouver
Harvard Pharmacy	Vancouver	BC Drug Pharmacy	Burnaby
Herbalex Canada	Surrey	Shop For You	Vancouver
Kwantlen Pharmacy	Surrey	Steveston Pharmacy Ltd.	Richmond
L&C Pharmacy and Nutrition House	Richmond	Sullivan Pharmacy Inc.	Surrey
Lotte Shopping Centre	Vancouver	Surrey Natural Foods	Surrey
Low Cost Western Pharmacy	Vancouver	Your Vitamin Store	Vancouver
Medicare Pharmacy	Richmond	Tung Yun Tong Herbal Co. Ltd.	Richmond
		Valley Green Pharmacy Ltd	Langley
		Vancouver Pharmacy	Burnaby
		Your Vitamin Store	Richmond

GENERAL ENQUIRY NUMBER: **604.231.6077**

GET READY FOR AN IN-DEMAND CAREER

Train for market-driven programs with hands-on training.

- Construction Electrician Foundation
- Legal Administrative Assistant
- And More!

Applicants may be eligible for financial assistance. Call 1 800 993 4086 for more information.

VANCOUVER CAREER COLLEGE
study.vccollege.ca
1 800 993 4086

Six campus locations across British Columbia:
Abbotsford · Burnaby · Coquitlam · Kelowna · Surrey · Vancouver

/VancouverCareerCollege /vccollege /vccollege

Dip your way to being the trendiest hostess

Spinach Bread Spread.
These dippable suggestions will make holiday entertaining (or gifting) a lot easier

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

FLASH FOOD

From your fridge to your table in 30 minutes or less

This recipe serves 24. THERESA ALBERT

Holiday parties are a perfect time for dips and flatbreads. You can certainly buy all kinds of dips that will do the trick but they may contain more mayo and salt than anything else.

It really doesn't take much to mix a few items together to bump up the healthy factor, not to mention bragging rights that it is homemade!

Consider making large batches and using jars to deliver them as hostess gifts. Just be sure to let your host know that it isn't actually "canned" and must be refrigerated.

Try these combos, tweak ratios to get the texture, thickness and intensity that you want. These are foolproof combos!

Apple chutney: Apple pie filling, curry powder, sesame oil

Tzatziki: Greek yogurt, grated cucumber (squeezed dry), garlic, salt

Blue cheese dip: Greek yogurt, blue cheese, grainy mustard, garlic powder

Artichoke and Asiago: In blender, pulse one can artichokes, grated Asiago, Greek yogurt, garlic, dill.

Warm chèvre and cranberry dip: Whole cranberries, orange juice, honey, cooked and cooled. Stir in goat cheese, serve warm.

Things to spread and dip have come a long way, too! Flatbreads are all the rage, both soft and crispy. Look for Ethiopian Teff bread called Injera. It's considered a kitschy throwback to include good old saltines and crackers with the higher end, cooler options.

Ingredients

- 1 10-oz package frozen chopped spinach thawed
- 1 8-oz can artichokes
- 1 cup plain Greek yogurt
- 1/2 cup low-fat cream cheese
- 1/2 cup fresh parsley
- 1/2 cup chopped green onions
- 1 clove garlic, pressed
- 1 tsp dried oregano
- Salt and pepper

Spinach Bread Dip

With chewy bread, this could be a whole meal! But do share at a party, it takes seconds to whip up, but fills you up and nourishes at the same time.

1. Drain spinach and squeeze dry. Blend all ingredients in a blender. Serve warm (heated in oven or microwave) or cold with bread. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

On-demand appetizer base

Planning for a crowd this holiday season? Grab a box of woven wheats.

That's the generic name for Triscuits — those woven-wheat crackers that are delightfully salty-crunchy-savoury.

They are a perfect on which to build any number of crowd-pleasing holiday appetizers at the last minute.

Top the crackers with slices of cheddar and an anchovy. Or try Parmesan and strawberry jam. Then you could experiment with fresh goat cheese, a dried apricot and fresh chives.

Go Mediterranean with slices of salami, sun-dried tomato and manchego cheese, French with brie and fig jam and a hunk of ham. You get the idea.

To help get you rolling, here is a simple recipe for a really tasty variant of this holiday entertaining appetizer. But you really should take it in any direction that inspires you.

This recipe makes 16 appetizers. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

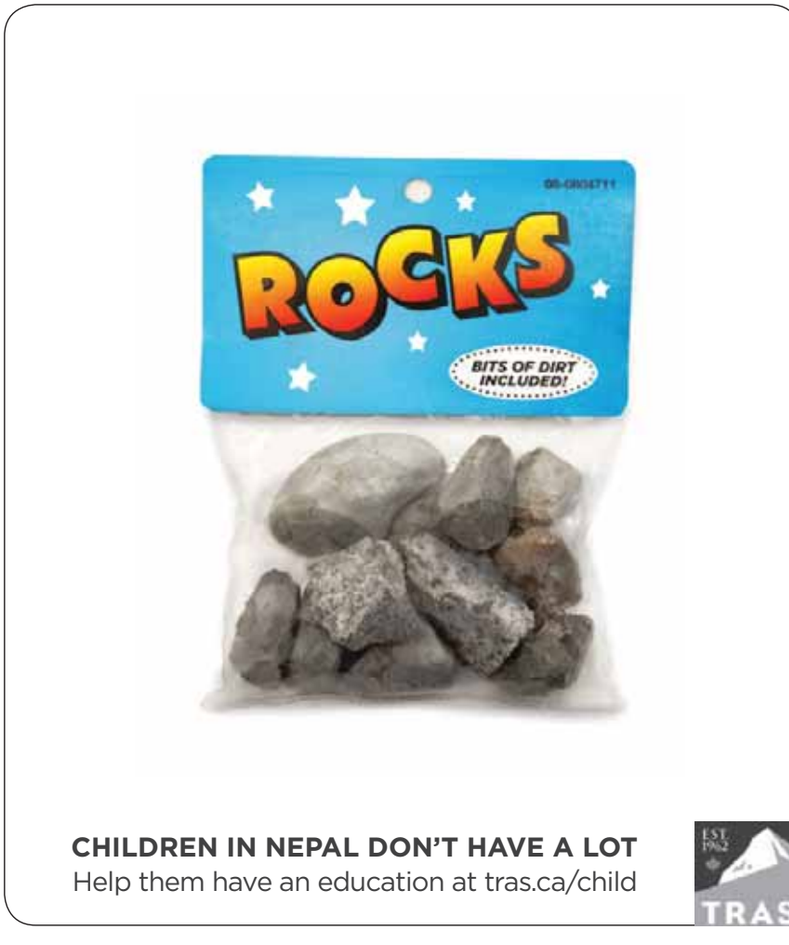
- 16 dates, pitted
- 3 ounces manchego cheese, cut into wedges (each about the size of half a date)
- 16 Triscuit crackers
- 8 slices bacon, each cut in half crosswise
- Ground black pepper

Triscuits with Dates and Bacon

1. Heat oven to 400 F. Line a rimmed baking sheet with foil.

2. Use a paring knife to cut open the dates, remove the pit (if necessary), then wedge a chunk of cheese into each. Set each date on a cracker, then wrap half a slice of bacon around the entire thing, overlapping the ends of the bacon on the underside of the cracker.

3. Arrange the assembled crackers on the prepared baking sheet. Sprinkle with pepper, then bake for 10 to 15 minutes, or until the cheese is melted and the bacon is starting to crisp. Cool slightly before serving. **THE ASSOCIATED PRESS**



SPORTS 4

Bo a no-go for WJC

Canucks. Young fourth-line centre isn't being made available to Team Canada

CAM TUCKER
cam.tucker@metronews.ca

In late November, the Vancouver Canucks informed Bo Horvat he would not be heading back to the Ontario Hockey League.

A few weeks later, the NHL club confirmed the 19-year-old centre will not be lent to Team Canada for the world junior championship. The announcement came down Monday afternoon. Horvat is staying in Vancouver, where he's getting a decent amount of ice time playing up the middle on the fourth line.

The Canucks had until Friday's NHL holiday roster freeze to make the decision.

The decision is sure to annoy and maybe even anger some Canadian fans.

Horvat would've made Team Canada's roster even stronger, particularly up the middle, at a time when the nation hasn't won gold in this competition since 2009.

But Horvat has shown considerable improvements in his game, from September when the Young Stars tournament kicked off up to the middle of December and 17 games into his NHL career.

He's looked more comfortable at the NHL level, though that's not to suggest he doesn't make mistakes from time to time.

But he's averaging more than 10 minutes of ice time per game, as the Canucks, under head coach Willie Desjardins and GM Jim Benning, continue to deploy four lines on a consistent basis.

In 17 games, Horvat has one goal and five points.

The Canucks won't lend centre Bo Horvat to Team Canada for the world junior championship. CLAUS ANDERSEN/GETTY IMAGES

By the numbers

5

Bo Horvat has five points on a goal and four assists in 17 games played. Three of those assists came in a 4-1 win over the Blackhawks on Nov. 23.

And out of Vancouver's four regular centres — Henrik Sedin, Nick Bonino and Brad Richardson — Horvat has the best faceoff percentage at 57.4 per cent.

He may have taken far fewer draws compared to the other three, but he's been consistent in that department since entering the lineup in November.

"Bo Horvat has proven he can contribute to the success of the Vancouver Canucks," said Benning in a statement.

"He is a solid two-way player, strong in the faceoff circle and displays a maturity beyond his years. We're very pleased with Bo's play and look forward to watching him develop as an NHL player."

Follow Cam Tucker on Twitter @camtucker_metro

Domestic violence

Judge says Kings' Voynov should stand trial

Slava Voynov's wife told police the Los Angeles Kings defenceman hit, choked and pushed her into a television in their bedroom during a fight in October, an officer testified Monday.

After hearing the description of the injuries to Voynov's wife, a judge ruled Monday that there is enough evidence against the player for him to stand trial on a felony domestic violence charge.

Voynov has pleaded not guilty to one felony count of corporal injury to a spouse with great bodily injury. THE ASSOCIATED PRESS

Comeback trail

Junior star McDavid cleared for contact

Connor McDavid shrugged off the latest sign of progress in his return from a broken bone in his right hand.

The junior hockey star has been cleared for contact and has started practising with the rest of his Canadian world junior teammates. THE CANADIAN PRESS

Monday Night Football

Brees and Saints march over Bears

Drew Brees threw for 375 yards and three touchdowns and the New Orleans Saints beat the Chicago Bears 31-15 on Monday night to grab the NFC South lead. The Saints (6-8) moved into first place ahead of Carolina (5-8-1) and Atlanta (5-9). THE ASSOCIATED PRESS

8 - TICKET FLEX PACKS
STARTING AT $152
Includes a free GIANTS HAT!
For tickets call 604.4.GIANTS

BE A GIANT
TONIGHT AT 7:00 PM
vs Everett Silvertips
TOONIE TUESDAY
• Buy a full-priced red category ticket and get a second red category ticket for just $2!
• Also, select concession items will be just $2!
Get your tickets now at VancouverGiants.com. Single game tickets starting at $19.50
(Service fees apply)

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
It may seem as if someone has taken advantage of your kindly nature but could it be you are overreacting? Even if they have been less than honest has it done any harm?

♉ Taurus
April 21 - May 21
The next 24 hours will be hectic. If you find yourself rushing all over the place but not getting much done you should take that as a sign that you have lost control.

♊ Gemini
May 22 - June 21
Don't bite off more than you can chew today, especially if you are trying to impress important people. The best way to influence them is to be yourself.

♋ Cancer
June 22 - July 23
This could be a lucky day for you, especially if you are prepared to overcome your own cautious nature and take a risk of some kind.

♌ Leo
July 24 - Aug. 23
If you give the impression that you are anxious for success you could attract the attention of those who know how to play on your greed.

♍ Virgo
Aug. 24 - Sept. 23
A loved one will be a little too emotional today but if you want some peace you are going to have to help them deal with their issues.

♎ Libra
Sept. 24 - Oct. 23
You don't have to explain your motives or your actions to anyone. If someone demands to know what you are doing just tell them to mind their own business.

♏ Scorpio
Oct. 24 - Nov. 22
The more others say something cannot be done the more determined you will be to prove them wrong. Just be careful you don't take on something that is beyond even your formidable powers.

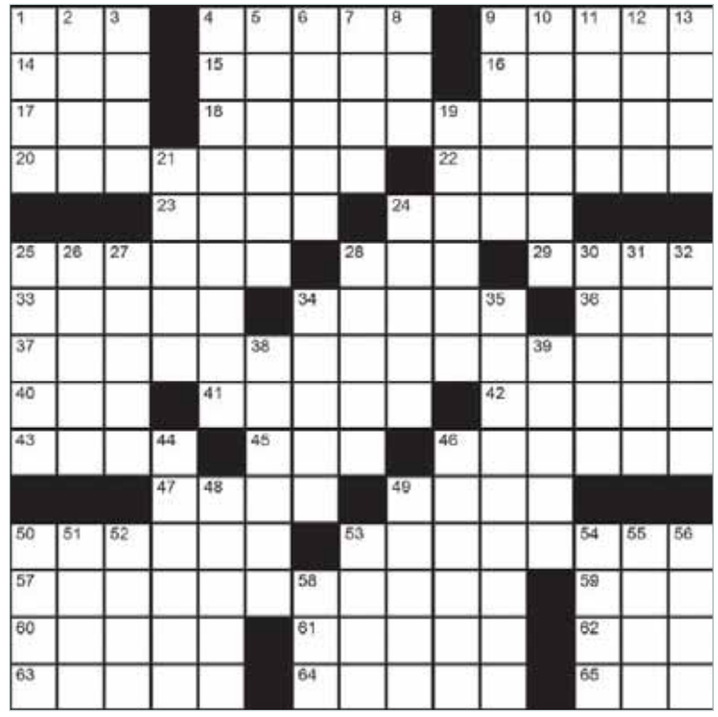
♐ Sagittarius
Nov. 23 - Dec. 21
If you let your emotions get the better of you today you will most likely regret it later in the week. However bad something may be, it isn't worth getting worked up.

♑ Capricorn
Dec. 22 - Jan. 20
Anyone who expects you to stay in one place today is going to be disappointed. You will rush, maybe with no idea of where you're going.

♒ Aquarius
Jan. 21 - Feb. 19
The atmosphere will be a bit tense today. That could spell trouble if you are the type of person who relieves tension by spending money.

♓ Pisces
Feb. 20 - March 20
You may have to react to a series of minor crises today. Most of them are of your own making.

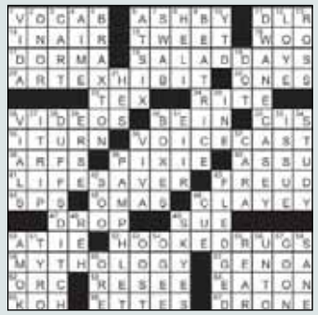
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Classy car
4. Sofa-turned-bed
9. Story with morals
14. Ms. Remick
15. Way to serve a deli sandwich: 2 wds.
16. Be of service
17. Compass dir.
18. Stephen Harper in 2011 ...and again in 2015?: wd. + acr.
20. St. __ Basilica, in Charlottetown
22. Unorthodox belief
23. "Hey, there..."
24. Rock's covering
25. Bury
28. Sci-Fi play
29. Samson's biblical hideaway, Rock of __
33. Polynesian language
34. Old labour camp of Russia
36. Lettered sun ray
37. Everest enthusiast: 2 wds.
40. Early hrs.
41. "Have a Little Faith in Me" singer John
42. Room and __
43. __ and exercise
45. Alphabetic trio
46. Skating great Ms. Yamaguchi
47. Belinda Carlisle's "_ __ Weak"
49. Gotchas!
50. That landing craft on Comet 67P
53. Drink known for its 'chocolatey' malt flavour
57. Invitee's offering for the party planner: 2 wds.
59. Li'l diagram
60. Computer chip company
61. Athenian's shopping venue
62. "Alice" waitress
63. West†Yorkshire city in England
64. Currency of Kuwait
65. Thumbs-up

Down
1. Discharged some vein liquid
2. Bill of fare
3. Imagine, archaically
4. Slave River town in the Northwest Territories near the Alberta border: 2 wds.
5. Anxiety
6. University in Peterborough, ON
7. Belonging to Popeye's beloved Olive
8. Wedding announcement word
9. Fortunes
10. Disinclined
11. Beseeched
12. Go-Go's: "Our __ Are Sealed"
13. Like certain trees
19. Like music meant for an ensemble to sing
21. Reject
24. Swindle
25. Irate one's declaration: 2 wds.
26. The Beauty Myth author Ms. Wolf
27. Type of abode
28. "__ __ You" by Bryan Adams
30. Band instruments
31. Deflect
32. Tuesday: French
34. Huge
35. 'Rock of...' or 'Strait of...'
38. Musician Ms. Mann's
39. "Push" band from Vancouver
44. Leaning
46. The face of the Great Sphinx is believed to be in this Pharaoh's likeness, variantly
48. Certain Celts
49. Airplane: French
50. Drummer/singer Mr. Collins
51. Sharpen skills
52. Fancy suffix to 'Art'
53. Today, in Rome
54. Borderline
55. Cairo's river
56. Me-me-me's
58. Down

Yesterday's Crossword

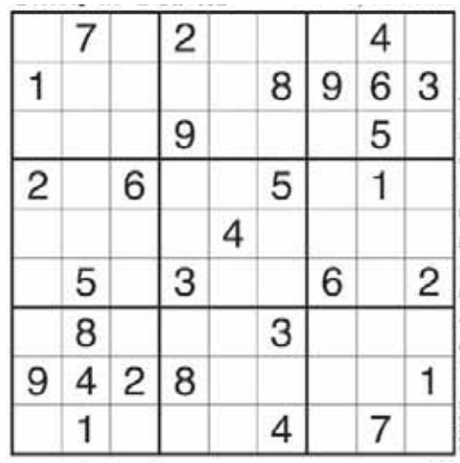


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



©2013 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

Yesterday's Sudoku

3	5	6	8	9	2	1	7	4
9	7	1	6	4	5	8	2	3
8	4	2	3	7	1	5	6	9
7	9	3	4	5	6	2	1	8
5	1	8	7	2	9	4	3	6
6	2	4	1	3	8	9	5	7
1	6	7	2	8	4	3	9	5
2	8	9	5	6	3	7	4	1
4	3	5	9	1	7	6	8	2

It's not about falling...
it's about getting back up.

At some point nearly everyone will have some debt. We're here if you need help. We offer consultations in person or over the phone - **FREE**! So come in, and ask us about the many benefits of a consumer proposal.

604-310-8888 GTdebt.ca

Sandra Soroka
Senior Manager
E Sandra.Soroka@ca.gt.com

Blake Elyea, CPA, CGA, CIRP
Proposal Administrator, Trustee
E Blake.Elyea@ca.gt.com

Locations:
Vancouver (Resident), Langley
Port Coquitlam & Burnaby

Grant Thornton

Proposal Administrator & Trustee in Bankruptcy

Grant Thornton Limited. A Canadian Member of Grant Thornton International Ltd.

Better together.

Save up to $100 on any new smartphone when you bundle with Optik TV™ and Internet.*

Plus, **save $5/month** on each service.†

Go to **telus.com/bundleup**
or visit your TELUS store today.

TELUS
the future is friendly®

TELUS STORES

Abbotsford
Highstreet Shopping Centre
Sevenoaks Shopping Centre
2140 Sumas Way
32915 South Fraser Way

Aldergrove
26310 Fraser Hwy.

Burnaby
Brentwood Town Centre
Crystal Mall
Lougheed Town Centre
Metropolis at Metrotown
3855 Henning Dr.
4501 North Rd.

Coquitlam
Coquitlam Centre
Westwood Mall
1071 Austin Ave.

Delta
Scottsdale Centre
1517 56th St.
4841 Delta St.
4912 62nd St.

Langley
Willowbrook Mall
8700 200th St.
19638 Fraser Hwy.
20159 88th Ave.
20202 66th Ave.

Maple Ridge
Haney Place Mall
22661 Lougheed Hwy.

Mission
Mission Smartcentre
32670 Lougheed Hwy.

New Westminster
Royal City Centre

North Vancouver
Capilano Mall
Lynn Valley Centre
1295 Marine Dr.
1801 Lonsdale Ave.

Pitt Meadows
19800 Lougheed Hwy.

Port Coquitlam
2020 Oxford Connector

Richmond
Lansdowne Centre
Richmond Centre
11686 Steveston Hwy.

Surrey
Central City Shopping Centre
Cloverdale Crossing
Grandview Corners
Guildford Town Centre
Semiahmoo Shopping Centre
3189 King George Blvd.
7380 King George Blvd.
13734 104th Ave.

Vancouver
Oakridge Centre
Pacific Centre
220 East 1st Ave.
551 Robson St.
808 Davie St.
991 Denman St.
1095 West Pender St.
1143 Robson St.
1855 Burrard St.
2338 Cambie St.
2372 West 4th Ave.
2706 Granville St.
2748 Rupert St.
3121 West Broadway

West Vancouver
Park Royal South

*Offer available with any activation of a new TELUS smartphone on a 2 year postpaid consumer rate plan. Promotional discount is the lesser of $100 and the price of the eligible device before tax. The mobility and TELUS Home Services accounts must be in the same name. †Offer available to consumers and businesses operated by a sole proprietor. TELUS Home Services are TV, Internet and TELUS Home Phone. Linking of home services and mobility accounts required to receive the $5/month discount. Only one discount available for each mobility account. The mobility and TELUS Home Services accounts must be in the same name. TELUS, the TELUS logo, Optik, Optik TV, telus.com and the future is friendly are trademarks of TELUS Corporation, used under licence. © 2014 TELUS.